



Lakeland Review

Elk Point, Alberta

Volume 3, No. 46

30 Cents

Wednesday, November 13th, 1985

Remembrance Day in Elk Point

A crisp but sunny morning greeted the marchers from numerous clubs and organizations as they made their way over Elk Point's icy streets to the Cenotaph Monday for the annual Remembrance Day observances.

RCMP officers, their scarlet tunics hidden beneath warm greatcoats, stood stiffly at attention flanking the cenotaph, as the strains of O Canada rose into the chilly air. Reverend Sam Donaldson of the Elk Point United Church gave the Prayer of Invocation, with Dwayne Vogel reading the classic poem, In Flanders Fields.

The sombre notes of the Last Post tolled out from Ron Barwick's saxophone, then shivered into two minutes of silence. Master of Ceremonies Pat Vincent ended the silence with the reading of "We shall remember them."

Wreaths were laid by Sgt. Jim Fell of the RCMP on behalf of the federal government, by MLA John Drobot for the Provincial Government, by councillor John Zenko for the County of St. Paul, and by Mayor Ed Buck for the Town of Elk Point.

Silver Cross mother Zillah Campbell laid a wreath on behalf of all mothers of servicemen and servicewomen, World War I veteran Joe Hefferman represented the Canadian Armed

Forces, Maurice Garneau the Canadian Legion and Wayne Palmer the Pioneer Circle. Other wreaths were laid by a number of

groups and businesses too numerous to mention.

The shivering assembly then moved indoors to the Pioneer Circle Hall for the interdenominational service. Reverend Donaldson read the scripture, Luke 23:32-43, which tells of one

of the thieves being crucified with Jesus, asking Jesus to remember him in Heaven.

Pastor John McGregor of the Elk Point Baptist Church expanded on the scripture theme in his address. McGregor said that two essential truths emerged from the reading, firstly that the thief recognized himself as a sinner, and secondly that he knew Jesus would help everyone who asked forgiveness.

McGregor asked that "as we think of those who died to bring peace, let us think of the One who died to bring peace to us all." He asked for special prayers for an end to the fighting in Ireland, the homeland of both himself and Rev. Donaldson.



SILVER CROSS MOTHER — Zillah Campbell lays a Remembrance Day wreath at Elk Point Cenotaph on behalf of all the mothers of servicemen and servicewomen.

Dome gets approval

Dome Petroleum was granted verbal approval of two applications in the Lindbergh Heavy Oil field after two and one half days of hearings by the Energy Resources Conservation Board in Elk Point last week.

The terms and conditions of the approval will be forwarded to Dome in the near future, at which time work on the projects will commence.

Bob Hempstock of Dome's Lloydminster office was "somewhat surprised, but pleased" with the brevity of the hearing and the prompt approval. He added that Dome hopes to get the final confirmation soon, so that they can start stripping topsoil from areas where permission has already been granted, for the wellsite pads. The increasingly frozen ground makes this work "a lot tougher" and makes it more difficult to reclaim the sites later.

Phase I of the project will include drilling of wells on Section 10-56-6-W4, with the central facility to be placed on the north west quarter of the adjoining Section 11.

One of the main intervenors in the hearing, the Elk Point Surface Rights Association, withdrew from the hearing on

(Cont. on Next Page)

Jean Slywka honored

The importance of a positive attitude in the business world was clearly shown last Friday, when Elk Point restaurant owner Jean Slywka was honored at the Canada Career Week Breakfast in St. Paul.

Mrs. Slywka and St. Paul businessman Jules Van Brabant were the winners of a positive attitude contest for small businesspersons sponsored by the Alberta Career Centre in St. Paul. A total of sixteen nominees from St. Paul and Elk Point were considered in the contest.

Elk Point Chamber of Commerce President Murray Harper was on hand to pre-

sent Mrs. Slywka with a handsomely engraved plaque. Harper said he was glad to see Elk Point included with St. Paul in the contest, and expressed a hope for increased interaction between the towns.

Paul Langevin of the St. Paul Chamber presented a similar plaque to Van Brabant.

Caroline Yewchin of the Career Centre said the Centre had only recently started telling clients about entrepreneurship. She noted that many people are making career changes these days, with a surprising number moving toward businesses of their own.



POSITIVE ATTITUDE WINNER — Jean Slywka is presented with a plaque commemorating her win in the Businesspersons' Positive Attitude Contest. Elk Point Chamber of Commerce President Murray Harper presents the award.

HOCKEY

TONIGHT!

Elk Point Elks vs Cold Lake Packers

8:30 p.m. at A.G. Ross Arena

Brief meeting for Elk Point Chamber

Elk Point Chamber of Commerce dealt with their November 6 agenda in record time at their rather poorly attended regular meeting.

The Chamber met in the cozy atmosphere of the Empress Restaurant's Fireside Lounge, which restaurant owner Jean Slywka has offered the group as alternate accommodation to the banquet room, where some members have noted difficulty in hearing the proceedings, due to the presence of other diners. The Chamber had offered to help with purchase of a dividing curtain, but the relocation may prove even more effective. A sign indicating that the Chamber is meeting in the lounge will be obtained by the next meeting.

Discussion of the official opening of the new bridge was

tabled until a later date, as the Chamber will have to wait for Alberta Transportation to initiate planning for that event.

A suggestion to have tourist literature located in the Town Office during the months when the Tourist Information Booth is closed, has not yet been carried out, as Tourism director Ron Barwick feels it would be best to ask the Lakeland Tourist Association for permission before the action is taken.

It was mentioned that another tourist destination open house will be held in Bonnyville in a few weeks, but the Chamber has not yet decided if another presentation will be made at that time.

Plans were made for the Chamber to present a placque to Jean Slywka, who has been

nominated as the businessperson with the most positive attitude during a contest sponsored by the Alberta Career Centre in St. Paul. The Chamber's President, Murray Harper, will make the presentation at a Career Week Breakfast in St. Paul on November 9.

Recreation Director Linda Simpson reported briefly on the activities of her bustling department, which includes a very popular Dash'n'Splash program, with numerous participants taking a bus ride to St. Paul for swimming every second Saturday, and other activities such as Drama, baton, and a karate clinic.

F.C.S.S. Director Marie Buck was on hand to display the Welcome Wagon package, which is virtually packed with goodies to make newcomers

to Elk Point feel at home. Mrs. Buck noted that the community directory contained in the package has a special section for seniors.

Considerable concern was expressed by those present over the condition of the streets which have been dug up to lay the new water lines. The protruding manholes and the sharp drop-off from sidewalks were mentioned as the two worst hazards. Flashers which are supposed to warn motorists about the manholes are not always working or in place, as they are easily knocked down, one member noted. The danger of

pedestrians falling off the sidewalk into the excavated area, or unwary motorists driving over the edge from parking lots along the pipe installation route was also mentioned.

Town Councillor Alvina Schuhmacher, who along with Councillor Steve Stepaniuk was recently appointed to the Chamber committee, told the Chamber that plans had originally called for only three blocks of street to be dug up at one time, and that to be finished and repaved before further excavation was done, but unfortunately, "it didn't happen that way."

724-3828 • Office
724-3814 • Kitchen

**Look
What We've
Cooked Up!**

Homestyle Cooking
Open from 5:30 am to 11 pm Mon. to Sat.
6:00 a.m. to 10:00 p.m. Sunday

Smorgasbord
7 days a week
from 11:00 a.m. to
9:00 p.m.

**Empress
Dining
Lounge**
Fully Licensed

**Fireside
Lounge**

ELK POINT

Thank-you to the Veterans

To all the brave men
who fought so mightily.
To save our nation
and bring us dignity.
To all the brave men
who worked behind the scenes,
cooking, cleaning, caring...
mending up the seams.
To all the brave women
who let their husbands go,
knowing only fate
would lead them back to hold.
To all the brave children,
trying to be strong,
but always knowing in their
hearts,
something was deeply wrong.
To all the men, women, children
who battled in their own way,
to ensure our precious freedom
and the lives we live today.
Thank-you.

Angel Ference
Jackie Gulayec



PROVINCIAL WREATH — Is placed by MLA John Drobot at Elk Point cenotaph.

Elks win season opener 13-6 over Voyageurs

Elk Point Elks won the first game of their regular season Sunday night, with a 13-6 victory over Kehewin Voyageurs.

Vic Stepa led the scoring with a hat trick with the balance of the scoring scattered among the team members. Manager Del Smith reported that the Elks

defense is still a bit weak, and that the new rules are still resulting in lots of penalties.

The first home game for the Elks is tonight, against Cold Lake Packers, while another home game Friday will see them go against the Bonnyville Pontiacs. Both games have an 8:30 p.m. starting time.

The Town of

Elk Point

Notices & Information

Development Permits

107/85	Lot 12B Blk 1 Plan 762-0936	Cigas Products Ltd.	Propane Distribution Bulk Plant	Conditionally Approved
108/85	Lot 1 Blk 32 Plan 852-1350	Nova B Ltd.	Commercial Building 5 Outlets	Conditionally Approved
109/85	Lot 13 Blk 5 Plan 842-1406	Len Krysta	Mobile Home	Approved
110/85	Lot 9 Blk 14 Plan 415 HW	Mike Ziomek	Storage Shed	Approved

Any person claiming to be affected by the decision made by the Development Officer / Municipal Planning Commission appeal by writing a NOTICE OF APPEAL to the secretary of the Development Appeal Board, Box 448, Elk Point, Alta., within 14 days from the first publication of this notice, giving reasons for the appeal. Such appeal shall be accompanied by a certified cheque or money order in the amount of thirty five (\$35.00) dollars.

Dated This Day
November 8, 1985

Ralph Riemer
Development Officer

Dome approval

(Cont. from Prev. Page)

Monday afternoon, when the adjournment they asked for was not

forthcoming. EPSRA President Alban Bugej said that the group had "no alternative but to withdraw", because of a lack of time during harvest to prepare for the hearing. "It seems that the Agricultural industry is being hit from all sides this year," he added, "including by the ERCB."

One of the intervenors is appealing the adjournment decision, Bugej noted.

Fred Homeniuk of the ERCB said that their report on the hearings will be forthcoming in the near future, and that the reasons for not adjourning will be contained in the report.

HOCKEY

Elk Point Elks
vs
Bonnyville Pontiacs

8:30 p.m. AG Ross Arena

FRIDAY



LIONESS PLAY GYM — This attractive addition to Markstad Park was totally paid for with proceeds from the recent Ladies Night Out. A capacity crowd enjoyed food, fashion and fun, with Anne George of Heinsburg taking home the grand prize of a diamond

ring, Lynne Havener of Elk Point winning the Stage West - Mayfield Inn weekend, and Lori Shmyr of Elk Point winning the \$100 gift certificate from Gerry's Clothing.

Winter works program announced

Alberta Transportation Minister, Marvin Moore, announced that a new \$49 million Winter Works Program designed to create greater employment opportunities for Albertans through projects relating to highway right-of-way brush clearing, road construction, gravel crushing, hauling and stockpiling will be undertaken this Winter. This program will provide work this Winter for more than 5,000 people, comprising some 3,000 truck operators, 600 heavy equipment operators and 1,400 other workers.

Work relating to the program's projects such as highway right-of-way clearing, construction, gravel crushing, hauling and stockpiling will enable the department to prepare for the 1986 construction season.

Details of the Winter Works Program include the clearing of roadway intersections within Counties and Municipal Districts where brush is a problem as well as clearing of right-of-way on highway projects and along local Improvement District roads and intersections. An estimated 6,000 acres will be cleared across the province. Clearing of brush from rights-of-way and intersections will facilitate planned future construction as well as enhancing motorists' safety while travelling on rural roads.

Mr. Moore remarked, "It is a pleasure to include clearing of Municipal Districts and Counties' intersections. There are a number of safety problems that need attention and the participation of the M.D.'s and Counties is a positive step for safety in the province!"

Winter construction will be undertaken in areas where Summer construction would be difficult due to terrain conditions. Approximately fifteen kilometres of road will be constructed in such areas.

There will be a large amount of crushing and stockpiling of gravel carried out this Winter. Gravel inventories will be developed in areas that are not normally accessible during the Summer period, and gravel haul-

ing at this time will also minimize road damage. Eight million tonnes of gravel is anticipated to be crushed and/or stockpiled, resulting in employment of a work force operating 35 crushers, 3,000 gravel trucks and supporting heavy construction equipment.

Truckers seeking employment under the Transportation Winter Works Program may obtain the pertinent guidelines and can register at the following district transportation offices: Medicine Hat, Lethbridge, Hanna, Calgary, Stettler, Red Deer, Edmonton, Edson, Athabasca, Vermilion, Lac La Biche, High Prairie, Grande Prairie, Peace River and High Level. Truckers are requested to register at the office for the district in which they reside. Registration of gravel trucks will commence at 8:15 a.m., November 18, 1985 and close at 4:30 p.m., on December 20, 1985.

The owner must have proof of ownership of the truck prior to October 1, 1985. A quota will be established for maximum earning of \$7,500 for those working south of 17th Baseline and \$10,000 for those working north of this line.

Owners of equipment other than trucks that might be utilized in road construction, gravel stockpiling or brush clearing must register with the local District Engineer's office. First

in memoriam

TERRE, Berta

In loving memory of Berta Terre who passed away November 15th, 1984.

One year has passed, our hearts still sore,
As time rolls on we miss you more,
Your welcome smile and pleasant face,
No one can fill that vacant place.
Sadly missed and always remembered by Natalie, Ray, Richard and Linda, Debbie and Glenn, and two great grandchildren Christa, Ryan.

ACC meets

A good crowd was on hand Thursday evening when the last in a series of election meetings for the Alberta Cattle Commission was held in Elk Point.

All six candidates were present to give their viewpoints on the cattle industry and the role of the Commission, before voting by the producers began. Doug Millar of Elk Point, Keith Lysons of Vermilion, Henry Kowalchuk of Willingdon, Les Mitchell of Kitscoty, Ted Wheat of Marwayne and Gordon Ziegler of Vegreville were contesting the five vacant seats.

A lively question-and-answer followed the speeches, with free trade, single desk selling, and the feed grain subsidy program some of the topics of discussion.

Alberta Cattle Commission Manager Dennis Laycraft commented on the differing viewpoints expressed by various sectors of the cattle industry, and on the factors affecting the industry at this time. Laycraft also outlined the work done by the Commission during the past year, and its future plans.

A slide presentation told of the roles played by the various ACC committees.

The floor was then opened for further discussion and the presentation of resolutions to be taken by the delegates to the ACC's annual meeting. Resolutions at the five other meetings in the zone were read to the pro-

ducers. These include holding a vote every three years on the checkoff fee, discontinuance of the under-used Market Information Service, raising the checkoff fee rather than cutting back on promotion, approving the establishment of a research institute, lobbying for inclusion of homegrown and feed grain in the freight rate allowance, and strong opposition of moves to curtail the availability of veterinary drugs.

A resolution to have two directors elected from each zone, rather than one, with five directors at large, and an amended resolution to drop the five directors at large altogether, were defeated by large margins.

A resolution to have the ACC delegates familiarize themselves with the concept of single desk selling and to report back to the producers with this information was carried.

BARBER STYLIST SHOP

MAIN STREET, ELK POINT

CLOSED

Nov. 16 - 20, inclusive

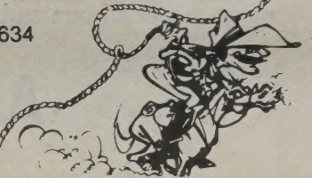
Sorry for any inconvenience this may cause to our customers.

ROUND UP A GOOD TIME

At the **Double K Corral**

ELK POINT HOTEL, PH 724-3634

Entertainment This Week
BEAVER BEND



Elk Point and District Minor Hockey Association

\$1,000.00 Cash Bingo

FRIDAY,

NOVEMBER 15th, 1985

ELKS HALL, ELK POINT

Doors open at 7:00 p.m.

Bingo Starts at 8:00 p.m. Sharp.

All Proceeds Towards Minor Hockey

All for a good cause

No, they are not installing a Light Rapid Transit system in Elk Point, in case you've been wondering.

Also, we have not been beset by giant, out-of-season gophers.

All our cavernous streets, which have been impeding our progress for a number of weeks now, are like that for a very good cause: to improve our water supply system.

Yes, it's annoying. No one likes to have to drive half a dozen blocks out of their way to get to home or school, or make like a side hill gouger to get into the parking lot of their apartment house. But, then, it is equally annoying to not be able to water one's lawn due to lack of water supply, or to be able to run your dishwasher because of insufficient water pressure.

Hopefully, the upgrading program now underway will, at its conclusion, give residents of Elk Point a much more adequate supply

of water, at a usable pressure. As a side effect, we can hope to see no more winter water line breaks along that route, as the old and somewhat decrepit pipes have been replaced, and replaced at a level safe from frost.

In the meantime, we must all exert a tremendous amount of patience, as the weatherman is being cranky again and not really helping the project to a fast conclusion. The crews are doing the best they can to get the work completed, and all we can do is wait until the job's done.

Caution in using these streets is urged, due to protruding manholes, as is caution in using the sidewalks and parking lots along their edges. The ice is enough trouble to contend with, without taking an unscheduled dive, so take it easy, and remember that those streets are a long way down.

By the way, it's only 128 days until spring. Hold that thought!

Ahead with a good attitude

Sincere congratulations to Jean Slywka on her well deserved award.

This is one local businessperson who can always be depended on to greet you with a smile, and to go out of her way to give you personalized service.

Mrs. Slywka is known far and wide for her hospitable treatment of customers, and endeavors to train her staff to do likewise.

Her positive attitude is a shining example to the Elk Point business community, and her smile lights up our lives. Congratulations, Jean!



IN NOVEMBER, DEER COME DOWN TO THE PARKS TO FEED — For a little while trusting man. Still, they are not safe even there, from some guns. The thin layer of 'tracking' snow spells death for deer, too, and their brown bodies visible against the white, in-

stead of blending with the brown of autumn trees. These two deer were seen in Elkwater Park, in the Cypress Hills last fall.

Irene Magnusson

November, November, November

By Irene Magnusson

November is our least glamorous month — still, a lot of things went on in its dreary thirty days, over the past years.

Did you know that the first radio station — ever — opened on November 2nd, way back in 1920? Or just the other day, depending how you look at it. What a lot of noise has been transmitted to the airways since!

Franklin Delano Roosevelt, 26th President of the U.S.A. was re-elected on the 3rd of Nov., second term, in 1936. The genial Roy Rogers saw the light of day Nov. 5th, in the year of 1912.

Giant Pandas were discovered in China for the first time, also in 1936, November 9th, and the world went dotty over them. And would you believe the famous question "Dr. Livingston, I presume?" was spoken by the explorer Stanley, in darkest Africa, Nov. 9th, 1871.

Everyone knows the Armistice was signed, in Europe, on the

11th hour of the 11th day, of the 11th month, and we were to enjoy "peace" ever after — of a sort. At least we have had only one war we truly label "World" wars. On this Nov. 12th, there will be a total eclipse of the sun — but only those in the Antarctica region will be able to view it — a very short one at that, of 2 minutes, they say.

November events are good and bad. On the 15th, 1900, a snowfall of 45" blanketed Waterton, N.Y. I'm sure the shovels were flying. The Suez Canal was opened in November, on the 17th, 1869. A lot of water has since oozed through those lockes. And Mickey Mouse, the children's friend, hit the drawing boards, Nov. 18th, 1928.

Abraham Lincoln was elected President Nov. 6th, in 1860, and three years later, in 1863, still in November, this time the 18th, gave voice to his famous Gettysburg Address. Other Presidents were less fortunate in November, J.F. Kennedy was

assassinated on the 22nd, coming up to twenty-two years ago, in 1963.

Of importance to farmers of our land, barbed wire was patented on Nov. 24th, 1874, and has controlled our beef ever since. Of course the U.S. Thanksgiving falls on the last Thursday, the 28th, and reaching way back, we find that the ancient tomb of King Tutankhamen was pried into Nov. 29th, for the first time since it was sealed up back in antiquity, in 1922. And Cleopatra the glamor girl of the Nile let loose her asp, committing suicide on November 30th, 33 B.C.

November could be nicer
And not annoy us so
But when the roads are icier
It's slow we have to go.
They never taste, who always drink;
They always talk, who never think.
So I'll stop this foolishness and do some thinking.



BETTY WAY — Receptionist.

New face at the Review

A hearty Elk Point welcome to Betty Way, the Review's new receptionist. Betty has taken over the post formerly held by Donna Brooker.

Donna is presently in St. Paul for a three month stint of training in typesetting and layout, to enable the Review to give even better service in the new year, when she returns to our office.

Betty comes to the Review from the St. Paul Journal, where she was employed as a secretary and receptionist for approximately five years.

We hope you'll like it at the Review, Betty!



**Elk Point
Lakeland Review**

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BETTY WAY, Receptionist

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ANNA

"Second Class Mail Registration Pending"



Artificial sweeteners: safe or misused?

By Valerie Weibe

Community Health Nutritionist

Artificial sweeteners are food additives which have a sweet flavor but provide few, if any, calories to the product they are added to. Essentially, they are a replacement for sweeteners such as table sugar, brown sugar, honey and molasses which contain many more calories.

Sugar is a component of the Canadian diet which is thought to contribute to many of the major health concerns: obesity, dental caries and heart disease. However, the human being also possesses a sweet tooth and hence the sweet flavor is very appealing. Therefore, scientists have worked on various sweet tasting products to use as sugar (sweet taste) substitutes. One of these substitutes was saccharin which was used for many years in Canada. However, it was prohibited from use because of its apparent carcinogenic or cancer causing potential with prolonged use. Many were unhappy with this decision because there was no appropriate alternative sweetener. This was especially true for those with diabetes who must avoid all forms of sugar. This artificial sweetener greatly improved the wide variety of selections of foods and dishes they could use. Hence their diets became very restrictive.

In 1983, aspartame (also known by its trade name Nutrasweet), was developed and marketed by G.D. Searle Company for use in soft drinks. Shortly before this (1981), aspartame came out as a table top sweetener (Equal), and in a variety of other products including dry beverage mixes, cold breakfast cereals, chewing gum, gelatins, puddings, fillings and dry mixes for dessert toppings.

Aspartame has been tested extensively by the manufacturer for its safety and potential uses in foods. The subject of over 100 studies in an 18 year period, aspartame is one of the most thoroughly tested food additives ever approved. It is made from two commercially produced amino acids, phenylalanine and aspartic acid, and is therefore considered protein like. Since aspartame is completely broken down within the intestine, it does not enter the blood stream as aspartame. Therefore, many of the safety studies have also explored whether aspartame's components or metabolic byproducts result in any health risks. Concerns about aspartame's safety have revolved primarily around these issues:

1. Methanol production — Aspartame ultimately breaks down into its original components aspartic acid and phenylalanine plus a small amount of methyl alcohol. Methyl alcohol in large quantities is harmful to humans but we can handle small amounts. Other foods such as tomato juice, bananas, cherries, wines and other fermented products contain some methyl alcohol. Some scientists believe that aspartame use in soft drinks should be banned because of methyl alcohol production. This breakdown can be accelerated by high or improper storage conditions. However, their case lacks credibility because poor storage does not result in higher levels of methyl alcohol. If the aspartame in a carbonated soft drink were broken down into its components, the maximum amount of methyl alcohol produced would be about 1/3 that amount normally derived from a similar quantity of fruit juice.

Clinical studies have shown no

negative effects of drinking up to 25 liters of aspartame sweetened soft drinks per day.

2. Changes in brain neurotransmitter levels — Phenylalanine is one amino acid which is changed in the body to become a chemical thought to be involved in brain function. There has been speculation that large amounts of aspartame consumed with a carbohydrate source may affect the levels of these chemicals and result in changes of behavior. Large levels of aspartame, with a carbohydrate source must be consumed to result in any effect and much research is being done to uncover this relationship. Some studies in experimental animals have shown altered levels of these brain chemicals. However, other studies have not shown this possibility and the United States Federal Drug Administration (FDA) which plays a similar role to that of the Canadian Food and Drug Administration ruled that the data does not support the contention that aspartame alters the brain neurotransmitter levels.

On the television program Market Place, testimonials of some people believed to have suffered reactions to aspartame were interviewed. One woman in particular was consuming an average of 16 soft drinks per day and all possible food products sweetened with aspartame for an extended period of time. If nutritionists and dieticians have tried to reinforce any concept regarding food and its use, it is that of moderation.

The reasons for using aspartame in our diets is to provide sweetness without calories. This is useful for those wishing to lose weight, diabetics and tooth decay.

When on a weight loss diet, one must consider these products as aids. Too often, these products are used to allow dieters to cheat on other foods. Losing weight and keeping weight off can only be achieved through sensible eating of a diet that can be adhered to for a lifetime. Many of these crash regimes, or consumption of so called diet foods are only deceiving the dieter. As the old saying goes, you cannot have your cake and eat it too. Oftentimes, dieters will turn to these artificially sweetened products as a way to fulfill their sweet tooth or compulsion to eat. This is not often successful and we will never have something for nothing. Although our technology has allowed us such freedoms in our dietary selections, we must consider the fact that not everyone is immune to reactions

from all products in our food supply. If some people were to consume 16 large percolated coffees per day, I am sure there would be deleterious effects. It only stands to reason that too much of anything is too much. Sensitivities to aspartame may occur in some individuals just as food allergies occur in others. Therefore, we must use moderation and respect for the amounts we are using in relation to artificial sweeteners.

The Canadian Diabetic Association states that aspartame is safe and an acceptable sugar substitute in

diabetic meal plans. Their recommendations are for no more than four packages of sweetener per day. If these sweeteners, including aspartame, are used sensibly and in moderation, then there is little risk of a negative reaction.

In regards to children, moderation and consideration for size and changes in growth, etc. must be considered. Children should be taught respect for sweet foods and not to use artificially sweetened products ad libitum. We can teach our children good dietary habits and dental hygiene.

Pregnant women are another group for special consideration. Because pregnancy can be affected by so many factors both in our environment and by the things we eat, pregnant women should be especially considerate when using these products. If an artificial sweetener need be used during this period, it should be minimal. However, that must be the conscious decision of the mom.

I hope you have found this article enlightening and I encourage your comments. Please write c/o editor to Valerie Weibe, Community Health Nutritionist.

Essay contest announced

The winner of the 1985 "Drink-ing and Driving Must Stop" Writing Contest, sponsored by Young Drivers of Canada and Goodyear Canada Inc. is Caroline Desbiens of Laval, Quebec. The winner receives a scholarship which covers tuition fees at a recognized Canadian University or College for a maximum of three years and a one time cash award of \$500 for books, etc.

Awards of merit were presented to the winner Caroline Desbiens and both runners up Rene Coxworthy of St. John's Newfoundland and Catharine Seniunas of Hamilton, Ontario. Making the presentations were Peter C. Rose, Director Public Relations, Goodyear Canada Inc. and Peter R. Christianson, President, Young Drivers of Canada. Lisa Cheesman, Community Information Officer for International Youth Year rewarded the winners with IYY crests and posters.

Young Drivers of Canada and Goodyear Canada Inc. are co-operating in an examination of peer pressure and driving behaviour. The topic of the 1986 writing contest has been devised to stimulate thought and provoke discussion on this subject. A Scholarship will be awarded to

the author of the best article or short story on the topic "Am I a better driver when my friends aren't around?"

The article should be approximately 1200 words. An independent panel of judges set up by Young Drivers of Canada and Goodyear Canada Inc. will select the national winner. Emphasis will be placed on writing ability and content.

Each school may submit one entry in either English or French chosen from those submitted by students enrolled in grades 11, 12,

13 or CEGEP (where applicable). The entry form must be enclosed with the school's submission. Entries must be post marked no later than May 15, 1986. The winner will be notified by August 15, 1986. Details of the writing contest will be sent to the schools by the end of October 1985.

Young Drivers of Canada and Goodyear Canada Inc. are committed to promote defensive driving and wish to encourage young people to develop good driving habits.

FIRST AID FOR CHILDREN



The Canadian Red Cross Society

ELK POINT BAPTIST CHURCH

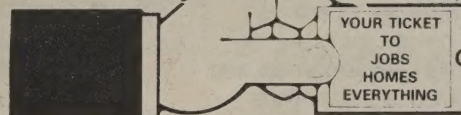
PASTOR JOHN MCGREGOR
PHONE 724-4220

SUNDAY SERVICES

10:00 a.m. — Sunday School
11:00 a.m. — Worship Service
Tuesday — 7:30 p.m. Bible Study

The Classifieds

LAKELAND REVIEW



Phone
724-4302
Elk Point, Alta.

meat prices

CUT TO THE BONE!

- Custom Slaughtering
- Homemade Sausages

- Complete Meat Processing
- Wholesale and Retail Meats

Pork Shoulder Roast

1.39 lb.

Fresh Beef Sausage

Homestyle

1.89 lb.

Liver Sausage

Homestyle

1.79 lb.



Pork Hocks
.39 lb.

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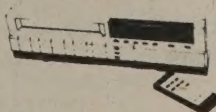
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- Baby



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MONDAY TO FRIDAY
FOR APPOINTMENT

sunday	monday	tuesday	wednesday	thursday	friday	sat
November				The Community Calendar is presented as a public service by the LAKELAND REVIEW. To put your club's activities on next month's calendar, call us at 724-4302.		
				1	2	- Dash n' splash. - Farmers market 10-1.
3 - 4-H Beef weight day. - Volleyball 7 p.m.	4	5 - Elks meeting. - Volleyball 7 p.m.	6 - Chamber of Commerce. - Drama 7:30 Elementary School. - Heinsburg Bingo	7 - Lions Club. - Baton 3:30 Elementary School. - Elks Bingo.	8 - 4-H Coffee Party 10-5:30.	9 - Armistice dine & dance. - Gymnastics spotters clinic. - Farmers market.
10 - Volleyball 7 p.m.	11 - Remembrance Day, parade 10:30. - OORP meeting.	12 - Pioneer Circle meeting. - Rec. Bd. meeting - Volleyball 7 p.m.	13 - Legion meeting. - Drama. - Heinsburg Bingo.	14 - Lioness Club. - Baton. - Elks Bingo.	15 - Turkey supper. Dewberry.	16 - Farmers market. - Dash n' splash. - OORP Flea market.
17 - Volleyball 7 p.m.	18	19 - Volleyball 7 p.m.	20 - Chamber of Commerce. - Drama. - 4-H Multi club meeting. - Heinsburg Bingo.	21 - Baton. - Elks Bingo.	22	23 - Ukrainian Dancing Club harvest supper. - Karate clinic. - Farmers market.
24 - Karate clinic. - Volleyball 7 p.m.	25 - Volleyball 7 p.m.	26	27 - Drama. - Heinsburg Bingo.	28 - Baton. - Elks Bingo.	29	30 - UCW Bazaar. - Dash n' splash. - Farmers market.

Hire-a-student program grows

EDMONTON — More students found a regular or casual summer job through the Alberta Hire A Student program this year, compared to 1984. Hire A Student staff placed 36,968 students in summer jobs in 1985, a 14% increase over the 32,199 in 1984.

"For some years now, Hire a Student has been working on increasing the level of professionalism in the program. By extension, this involves marketing students as serious members of the labour force, with valuable contributions to make," said Leslie Lavers, Chairperson of the Hire A Student Advisory Council.

Hire a Student offices were opened in High Level and Canmore for the first time this year, which brings the total number to 78 in Alberta. The staff in these offices provide placement service for students seeking summer employment and for employers requiring summer help.

In addition to job placement, more than 1,800 presentations on job search skills were made to over 44,000 students across the province. This represents a 7.3% increase over 1984.

Hire A Student is jointly sponsored by the Alberta Chamber of Commerce, Employment and Immigration Canada, Alberta Manpower, local chambers and community groups. It falls under Challenge '85 Alberta, a provincial-federal co-operative initiative that was aimed at creating summer employment for Albertans. Other programs in Challenge '85 Alberta included the Summer Temporary Employment Program (STEP) and the Summer Employment/Experience Development (SEED) program.

In appreciation...

BESPALKO

On behalf of Ed, Joanne, Shelley, the John Bespalko and the Paul Dacyk family.

We all deeply and sincerely appreciated each and everyones prayers and sympathies that we received during our dearest and most precious loss of our children Tracy and Carrie.

We would also like to thank everyone for the many prayers, visits, phone calls, floral arrangements, cards, donations, cakes, squares, fruit baskets and especially for the many helping hands. Many special thanks to Father Royer for standing by all of us continuously through our deepest time of pain. The beautiful service that Father Royer gave for Tracy & Carrie will always be remembered in our hearts.

Special thanks to the boys who assisted as pallbearers and the choir who assisted Rev. Father Royer in the service for our children.

We wish to express our appreciation and satisfaction for the service that Yewchin's Funeral Chapel provided us.

May God bless and protect all of you and your families.

Sincere thanks, Ed, Joanne and Shelley Bespalko.



ANNOUNCEMENT

We are now accepting applications for assistance under the new Canada/Alberta Tourism Agreement.

The five-year, \$56.3-million agreement provides incentives to stimulate private sector investment in the development and marketing of tourism attractions and facilities that have national and international appeal.

These grants could help you offset the costs of undertaking new tourism initiatives.

Grant Assistance Areas

1. Facility and Product Development

- stimulates private sector investment in major Alberta destination resorts and the upgrading and development of tourism facilities and attractions.

2. Alpine Ski Facility Development

- stimulates private sector investment in upgrading or expanding Alberta's internationally competitive Rocky Mountain ski facilities -Fortress Mountain, Marmot Basin, Lake Louise, Mount Norquay, Westcastle Park and Sunshine Village.

3. Market Development

- encourages private and public sector promotion to position Alberta in national and international markets as an attractive place to visit.

4. Training and Professional Development

- upgrades the professionalism of travel industry personnel at all levels.

5. Industry and Community Support

- supports industry awareness programs, community tourism development programs, and promotional materials developed by tourism industry organizations.

6. Opportunity Analysis and Evaluation

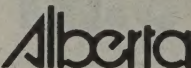
- initiates and supports studies needed to make informed decisions in the development and marketing of Alberta's destinations, facilities and products.

For application forms and information on grant guidelines contact:

Director
Canada/Alberta Tourism Agreement
12th Floor, 10065 Jasper Avenue
Edmonton, Alberta T5J 0H4
Telephone: (403) 427-2501

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YEAR END WINNERS — Of the Lakeland Rodeo Association are shown at their Awards Banquet last Saturday. L-r are: Tracy and Jimmy Gunsch of Thorshby, Team Roping; Wanda Austin of St. Lina, Ladies Barrels; Dave Fraser of Provost, Steer Wrestling,

Wendy Lorensen of Elk Point, Junior Barrels; Loren Christianson, Camp Creek, Saddle Bronc; Lorelei Wickham, Elk Point, Junior Steer Riding; Dale Fulkerth, Innisfree, Bull Riding; and Dennis Johnson, Whitecourt, All Around.

Federal and Alberta governments sign immigration agreement

OTTAWA — Minister of State for Immigration Walter McLean and Alberta's Minister of Manpower Ernie Isley signed a joint agreement to ensure greater consultation and cooperation in the delivery of immigration programs to Alberta.

"This agreement provides an important framework for the federal and provincial governments to work together on a wide range of issues relating to immigration and the adaptation of immigrants to Alberta," Mr. McLean said.

"Alberta has always been interested in participating with the federal government in the immigration process. Now we have an agreement that ensures effective planning, development of policy, and the management of programs relating to immigra-

tion and settlement," added Mr. Isley.

Currently, there are federal-provincial agreements with the four Atlantic provinces, Quebec and Saskatchewan, as well as a letter of understanding with Manitoba on special needs refugees. British Columbia has also expressed a willingness to begin negotiations.

The agreement outlines the specific provincial involvement of a consultative nature in immigration matters, including the selection of immigrants.

The principal features of the agreement include:

- the establishment of a consultative mechanism through a Joint Committee which provides a forum for annual immigration levels discussions and other policy or operational matters of

mutual interest;

- a consultative process dealing with the admission of selected workers and business immigrants;

- the joint establishment of financial criteria applicable to sponsors/guarantors, or groups seeking to sponsor or assist family class members, refugees, and assisted relatives;

- the establishment of practices on prior consent of the province for the admission of students and persons requiring medical treatment; and

- joint responsibility for the settlement of newcomers, along with principles to guide future discussions on settlement arrangements.

Text of the agreement is available on request.

Federal government assures grain movement

OTTAWA — Government-owned hopper cars are being made available east of Thunder Bay to move prairie grain to export position while the St. Lawrence Seaway undergoes repairs.

Transport Minister Don Mazankowski and Canadian Wheat Board Minister Charles Mayer announced the additional measure to help grain producers through their current harvest difficulties.

The ministers noted that normally the railways pay for the use of grain cars east of Thunder Bay with the costs being passed onto grain producers. In this case, however, the federal government will absorb the cost.

"We want to do all we can to lessen the effects on grain producers of the unfortunate temporary closing of the Welland Canal, especially in light of the already difficult harvest situation on the Prairies," Mr. Mazankowski said.

"This action will assist the Canadian Wheat Board in maintaining its marketing program," Mr. Mayer added.

The government grain cars will be available while repairs to the Welland Canal continue. The canal is scheduled to re-open Nov. 6.

The export of grains and oilseeds benefits the economy as a whole and is a valuable contributor to Canada's positive balance of payments, amounting to \$6 billion in 1984.

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ELITE THEATRE
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UNDER NEW MANAGEMENT

SPECIAL PERFORMANCE Nov. 15, 16, 17
THURSDAY AT 8 P.M. Fri., Sat., 7 & 9:15 p.m.
Sun. 8:00 p.m.

BACK TO THE FUTURE
starring MICHAEL J. FOX

He was never in time for his classes...Then one day...he wasn't in his time at all.

General

WESTERN INN ST. PAUL, ALBERTA

Presents
GARRY LEE AND SHOWDOWN

November 11th — 16th

RECOMMENDED FOR ADULT AUDIENCES ONLY

Northern Alberta Development Council now accepting nominations

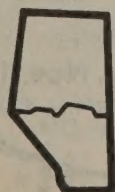
Nominations are now being accepted to replace the retiring members of the ten-member Northern Alberta Development Council, which includes eight citizens from the general public and two elected MLAs.

The Council meets regularly to advise the government on matters relating to the development of Northern Alberta.

Nominations will be accepted from citizens' groups and organizations and will be for terms of one, two or three years, beginning April 1, 1986. All nominations must have the concurrence of the nominee and should include a resume noting the nominee's community involvement, interests and commitment to Northern Alberta. Qualifications which would merit the nominee's appointment to the Council should also be included.

Send nominations to:
Chairman, Northern Alberta Development Council
Bag 900-14, Peace River, Alberta T0H 2X0

Deadline for nominations:
December 1, 1985



Alberta
NORTHERN ALBERTA
DEVELOPMENT COUNCIL

**"Peace
With God"**

Crusade

Elk Point Baptist Church

November 20th - 24th

Located in the Community Services Building,
Elk Point, 7:30 each evening.

SPEAKER: Pastor Charles Barnhart from Edson, Alta.

Do you know how to find real peace in life? If not, why not come along and hear the Good News. The Bible says the truth shall set you free!

No offerings will be taken in the crusade services.

EVERYONE WELCOME.

Dewberry News Roundup

By Cliff Cunningham
Dewberry Correspondent

There was a potluck supper and meeting at the Senior Citizens Drop-in Centre October 30th with a good turnout. Halloween is over for another year. We had thirty five children for treats or tricks. Others had more and some had less.

Dewberry School Carnival on Friday November 1st drew a good crowd and there were lots of different games to play to try your luck at winning a prize. There were raffles and a bake sale also. After the Carnival some went to the Dewberry Curling Club masquerade dance at the Hall for some more entertainment. There were more people dressed up with mask's on than I have seen for a long time. I was one of the judges and it was hard to pick out the winners. Best original was Melie Maltais and Clarence Isert. Best dressed Bonny Nelson and Comic Gus Hodgson with a very big hat.

Hugh and Dorothy Hilts will be celebrating their 40th wedding anniversary in the Dewberry Hall in the afternoon of November 10th from 2:00 p.m. to closing time.

There will be a birthday party for Marie Ritt on November 11th at the Dewberry Drop-in Center. She will be 80 years young.

Congratulations to Carol Holmen for winning a bronze medal at the Blairmore Championship foot racing.

On Saturday, November 2nd, I met Glenn Dudding's Coach at the Islay corner at 16 Highway for a Royal Travel Tour to the Red Barn and Alberta Wildlife Park. Also a Barbeque steak supper and dance. The Carlton band show played for the dance. After a late breakfast at the Mayfield Inn and Stage West dinner show they put on a two hour Comic Show for us. The Barbeque supper, rooms at Mayfield Inn, Dinner and Show, also the dance at the Red Barn were all included in our tour price of \$110.00.

The Dewberry Lions turkey shoot will be on November 23rd and 24th.

Congratulations to Frank Parr of the Riverton District on his 90th birthday. Sorry we didn't get to your party Frank. That was the same day I went to the Red Barn.

Our ground is covered with snow now, but it's not too cold. Last week high 40° F above and low 16° F above.

Cash advances available for grain drying

By Don Mazankowski
Member of Parliament

My colleague, the Minister of State for the Canadian Wheat Board the Honourable Charles Mayer, has announced cash advances for grain drying in the current crop year are being made available under the Prairie Grain Advance Payments Act.

The federal government has invoked a section of the Act that allows for interest-free cash advances of up to a maximum of \$3,000 a farmer for tough or damp wheat, oats and barley. These advances, administered by the Canadian Wheat Board, are in addition to any other advance payments available to Prairie grain producers.

The Prairie Grain Advance Payments Act allows for advance payments for grain drying in any crop year in which there is a large amount of tough or damp grain within the Canadian Wheat Board designated area.

The terms "tough" and "damp" refer to specific moisture levels defined by the Canadian Grain Commission. Tough refers to a moisture content of 14.6 to 17 per cent in wheat; 14.1 to 17 per cent in oats and 14.9 to 17 per cent in barley. Damp wheat, oats and barley have a moisture content of more than 17 per cent.

Application forms will be available from all elevator managers.



START UP DONATION — Allan Frankiw of the Elk Point's Oilmen's Association presents President Darlene Arndt of the newly formed Elk Point Oilettes Association with a large donation to help get the new group in operation.

Small attendance at potable water workshop

The supreme importance of potable water to the agricultural sector and the need to maintain adequate supplies as discussed at a potable water workshop hosted by the Alberta Cattle Commission in Elk Point last Thursday.

Only a small number of people were in attendance, but they included members of the oil and farming communities, and experts from the Department of Environment and the Farmers' Advocate Office.

Tremendous quantities of water are used in oil extraction processes, and it was suggested that water from surface sources be used whenever possible, noting that such use would have less effect on these sources than evaporation does.

Ninety-five percent of the water in Alberta is from underground sources, but some of this is not recoverable or useable, besides taking much longer to recharge than ground water.

Two slide presentations were part of the afternoon, one by

Gary Webster of Dome Petroleum and one by landowners Mr. & Mrs. Bill Luchak. The Luchak presentation showed a variety of water related problems, including spills, contamination, leaching, seepage, and salt water.

Cliff Downey of the Farmers Advocate office urged that above ground sources of water be used whenever possible, even if a pipeline is necessary, and added that incentives and encouragement by the government should be given to achieve this result.

As for the potable water supplies, every effort should be made to "keep it pure, and keep it there."

Heinsburg community bingo

November 6, 1985.

Fred Parenteau — \$25.00; Lillian Whitstone — \$10.00; Brenda Gladue — \$15.00; Lil Buksa — \$20.00; Carol Hines — \$25.00; Joan Belsheim — \$10.00; Lillian Whitstone — \$10.00; Theresa Coleman — \$10.00; Brent Nichols — \$22.00; Rose Kozicki — \$22.00; Rita Mackina — \$7.50; Ernestine Waskahat — \$7.50; Ray Gibson — \$7.50; Harry Dumont — \$22.00; Pearl Anderson — \$4.50; Viola Dumont — \$4.50; Lillian Whitstone — \$4.50; Aldina Whitstone — \$4.50; Frank Zarowny — \$4.50; Casey Moyah — \$10.00; Edith Womacks — \$15.00; Alberta Lumely — \$20.00; Yvonne Bely — \$8.50; Arthur Fortin — \$8.50; Peter Whitstone — \$8.50; Amy Krider — \$30.00; Charles Quinney — \$25.00; Rose Cardinal — \$25.00; Harry Jenner — \$25.00; Clara Opissinow — \$181.50; John Palinka — \$24.75; Marion Pearce — \$24.75; Joan Belsheim — \$24.75; Pearl Anderson — \$24.75; Ernestine Waskahat — \$49.50; Carol Hines — \$49.50; Carol Hines — \$49.50.

DO YOU KNOW ONE OF THESE OUTSTANDING YOUNG ALBERTANS?

In recognition of their outstanding contribution within their community, each of these young Albertans will receive a 1985 Alberta Youth Year Award, and will be presented with a framed commemorative medallion by their MLA. Watch for the names of more outstanding young Albertans to be announced later this year.

NAME	AREA	NAME	AREA
Abbasi, Shahid	Edmonton	Hyder Goldy	Calgary
Adams, Michael	Calgary	Jackshaw, Kristina	Grande Prairie
Adler, Josh	Lethbridge	Jull, Barb	Calgary
Aherne, Michael	Edmonton	Kieman, Todd	Bonnyville
Alexander, Andrew	Bonnyville	Kohls, Shauna	Medicine Hat
Anderson, Shireen	Rocky Mountain House	Leach, Catherine	Calgary
Auger, Sylvester	Fort Vermilion	Letourneau, Michelle	Stony Plain
Baker, Deb	Calgary	Livingston, Kathryn	Duchess
Ballance, Pam	Spruce Grove	Littlechild, Teddi	Hobbema
Bast, Brian	Fort McMurray	Ludwig, Nola	Mannville
Beaton, Cheron	Raymond	MacKenzie, Bryan	Pincher Creek
Becker, Colin	Rimby	Martin, Kevin	Louheed
Bennett, Barbara	Spring Coulee	Massong, Tania	Bow Island
Bertin, Wendy	Airdrie	McGrath, Ellen	Vermilion
Berthot, Terri	Edmonton	McLean-Flander, Kimberley	Milk River
Boiteau, Michele	Calgary	McSkimming, Tara	Calgary
Boudreau, Richard	Edmonton	Mew, Ed	Calgary
Brand, Eric	Edmonton	Millions, Nicola	Calgary
Breitkreuz, Marcia	Onoway	Mol, Sandra	Edmonton
Broker, Jeffrey	Rycroft	Munro, Tracey	Calgary
Brooks, Patrick	Grande Prairie	Murphy, Fintan	Edmonton
Bystrom, Katharyn	Markerville	Murtha, Maureen	Calgary
Casault, William	McLennan	Nagel, Haven	Edmonton
Casault, Michael	McLennan	Nipshank, Bruce	Smith
Cherniwan, Melanie	Athabasca	North Peigan, Ian	Pincher Creek
Common, Bryan	Mayerthorpe	Olsen, Betty	Markerville
De Bruijn, Gunnar	Ponoka	Parie, Michelle	Devon
De Champlain, Delores	Rochester	Perkins, Jennifer	Calgary
Delorme, Joe	Edmonton	Peterson, Marla	Warner
DeVincenzi, Lloyd	Calgary	Pfannmuller, Tracy	Mayerthorpe
Dittrich, Carol	Stettler	Poeter, Donna	Mayerthorpe
Dowson, Carol	Calgary	Polard, Sheila	Valleyview
Duiker, John	Edmonton	Prentice, Heather	Calmar
Dumont, Paul	Bonnyville	Rafuse, Bruce	Red Deer
Eckert, Carolyn	Drayton Valley	Read, Harley	Lethbridge
Eklund, Travis	Calgary	Reade, Devin	Breton
Fluney, Jeff	Islay	Remple, Tracy	Fort Saskatchewan
Fluney, Paula	Islay	Rowling, Margaret	High River
French, Pam	Grande Prairie	Rowling, Michael	High River
Fullan, Danielle	Sherwood Park	Sande, Darryl	Millet
Gauthier, Karen	Plamondon	Seeman, Stephanie	Lethbridge
Glover, Geneva	Spirit River	Singh, Gurmeet	Edmonton
Goudwin, Cheryl	Sundre	Stolz, Blair	Medicine Hat
Graden, Cheryl	Edmonton	Srijak, Bradley	Edmonton
Grant II, Gene	Edmonton	Taronna, Olga	Calgary
Greenfield, Mary	Mossleigh	Tchir, Daryl	Edmonton
Grimshire, Taryl	Red Deer	Thomas, Ceri	Hanna
Gusko, Brian	Edmonton	Tupper, David	Edmonton
Haltsheff, Andrea	Edson	VanderSchee, Veronica	Blackfalds
Halverson, Tammy	Hanna	Vizzutti, Daniela	Calgary
Hansen, Dale	Calgary	Vorgaard, Allan	Kathryn
Hansen, Vaughn	Carbon	Vorgaard, Eric	Kathryn
Haupt, Stephanie	Medicine Hat	Watrin, Launi	Edmonton
Heidecker, Shelley	Coronation	Whitham, Debbie	Calgary
Hill, Karl	Slave Lake	Willms, Patricia	Grassy Lake
Hodgson, Sandra	Bowden	Wilson, Jennifer	Erskine
Hum, Herman	Edmonton	Wyness, Corey	Bow Island
Hurl, Leanne	Mossleigh	Zuharia, Lisa	Fort McMurray
Hurtubise, Rachel	St. Paul		

Heinsburg Community Club Annual TURKEY SUPPER

5:30 to 7:30 p.m.
Saturday, Nov. 16
Adults \$6.00; Age 6-12 - \$3.00
Pre-School - Free

Dance 9:00 p.m.
Music by "Bounce"
Admission \$6.00 per person.
Dance Only. Members and Invited Guests.



Alberta Motor Association supports drunkbusters

The Alberta Motor Association is in complete support of Alberta Attorney General Neil Crawford's move to rollback the Province's period of forgiveness on repeat impaired drivers.

In an announcement earlier this week the Attorney General indicated that effective December 1, 1985 he has instructed Crown prosecutors to seek jail sentences of at least 14 days by charging as repeat offenders impaired drivers convicted of similar offences within the previous two years.

Dr. John Harms, Chairman of AMA's Board of Governors, estimates that the change to the forgiveness period from one to two years will likely effect close to 1000 repeat offenders across Alberta. He also estimates that if the period were rolled back to three years an additional 1000 repeat offenders would be facing the stiffer penalties.

"The change in the forgiveness period provides much needed latitude for our courts to address the problem of drunk drivers and fully complements the efforts of other Federal and Provincial authorities," states Dr. Harms.

Earlier this year the Federal Government passed Bill C-18, which increases the minimum penalties under the Criminal Code for driving while impaired (DWI). The Bill also created two new and much more serious offences carrying penalties of 10 and 14 years imprisonment, respectively, for Causing Bodily Harm and Causing Death while driving impaired. In addition, the Bill, which takes effect December 2, 1985, provides enforcement agencies with the ability to take blood samples if a driver is suspected of DWI.

At the Provincial level, the Solicitor General's Department has stepped up its licence suspensions for DWI under the Department's Motor Vehicles Administration Act. On a first conviction the operator's licence is suspended for six months and on a second conviction, one year.

"This latest move by the Attorney General provides a vital shot in the arm for our courts and enforcement agencies," says Dr. Harms. He warns, however, that

the war is not over. Impaired drivers are involved and generally at fault in 30-50% of all motor vehicle accidents causing death. So the problem remains an enormous one.

"But with all the legislative improvements in 1985 we are at last able to fight this threat on our highways with some serious ammunition," states Dr. Harms.

Dr. Harms also lauded the Alberta Alcoholism and Drug Abuse Commission (AADAC) for implementation this Fall of its IMPACT program for repeat offenders. Together with the Alberta Impaired Drivers Program the Province now provides an admirable schedule of assistance and rehabilitation for Albertans convicted of DWI.

"The next area of improvement lies in education," says Dr. Harms. "There is an urgent need for the school system in this Province to get serious about advising our children of the health hazards and the legal consequences of alcohol consumption and drinking-and-driving," states the AMA Chairman.

He alluded to the Association's 'Starting Early' Program — an alcohol awareness and traffic safety program for children in

grades kindergarten through six — as a place for Alberta's schools to begin the important job of impairment prevention.

The AMA is the 15 largest Auto Club (of 250) in North America with nearly 350,000 members in Alberta.

DWI OFFENCES AND PENALTIES

Following outlines the new legal regime for dealing with impaired or dangerous driving offenders in Alberta:

— Manslaughter — Maximum life imprisonment; maximum life prohibition from driving.

— Criminal negligence causing death — Maximum life imprisonment; maximum life prohibition from driving.

— Criminal negligence causing bodily harm — Maximum 10 years imprisonment; maximum 10 years prohibition from driving.

— Dangerous or impaired driving causing death (new offences) — Maximum 14 years imprisonment; maximum 10 years prohibition from driving.

— Dangerous or impaired driving causing bodily harm (new offences) — Maximum 10 years imprisonment; maximum 10 years prohibition from driving.

— Dangerous driving — Maximum 5 years imprisonment; maximum 5 years prohibition from driving.

— Impaired driving *and "over .08" driving ** - These offences can be prosecuted in one of two ways: relatively minor cases by summary conviction; the more serious case by indictment.

(* driving while one's ability to do so is impaired by alcohol or drugs; ** driving with a blood-alcohol concentration exceeding 80 mg. in 100 ml. of blood.

— Minimum (a) 1st offense: fine of \$300; 6 months prohibition from driving; (b) 2nd offense: 14 days imprisonment; 12 months prohibition from driving; (c) each subsequent offense; 90 days imprisonment; 1 year prohibition from driving.

— Maximum (first offense) (a) on summary conviction: 6 months imprisonment and/or \$2,000 fine; (b) on indictment: 5 years imprisonment; above penalties.

unlimited fine; & 3 years prohibition from driving.

— Failure or refusal, without reasonable excuse, to provide a breath sample — Same as for impaired driving and "over .08" driving.

— Failure or refusal, without reasonable excuse, to provide a blood sample (new offense - only where a breath sample is unobtainable) — Same as for impaired driving and "over .08" driving.

— Driving a motor vehicle while prohibited by the court or while one's license is suspended (new offense) — Maximum 2 years imprisonment; maximum 3 years prohibition from driving.

— Failing to stop at scene of accident — Maximum 2 years imprisonment; maximum 3 years prohibition from driving.

Vehicle immobilization orders may be imposed in addition to the



4-H SHOWS APPRECIATION — Elk Point's 4-H Clubs showed their appreciation to the Elk Point community last Friday with this colorful display and coffee and cookies at the Treasury Branch. Some of the 4-Hers who visited with the public were this trio (l-r) Cory Blize and Jodi Vogel, Photography and Leanne Drobot, Beef Club.

Clandonald News

By Shirley Osinchuk
Clandonald Correspondent

Winter appears to be here to stay, with cold, snow, and plenty of winter meetings and other activities.

The Junior High students have been playing in volleyball tournaments. On Oct. 26, the girls placed third in their pool, tied with Kitscoty, in the Marwayne tournament.

The same day, the boys played thirteen games in the Kitscoty tournament. The final round was against Paradise Valley. The first game went to Clandonald, 15-10, after a 9-0 start for P.V.. Game two went to P.V., 15-9, then in the third, Clandonald took the lead by 6 points, the P.V. tied it at 12-12. Ricky Rybchinsky came up to serve and put over three points which gave Clandonald the win. They came home with a trophy and individual medals.

Congratulations to Sheldon and Marilyn Quickstad on the birth of their son Jonathan Anton, on Oct.

21. The proud grandparents are Elsie and Floyd Quickstad of Clandonald, and Lorraine and Meredith Whiteside of Dewberry.

Recent Agricultural Society Lottery winners are Patricia Minish and John Rebryna.

Tues., Oct. 29, the Landonville Hall saw a preview of Halloween when about 35 costumed children and their escorts had a party. Jeremy Rybchinsky won the Musical Gift Prize and Brent Trach won the Guess the Number of Candies in the Pumpkin.

Six costume prizes were awarded by the judges Marj Osinchuk and Matt Harasiuk: "Ghost" - Linelle Etherington and "Witch" - Nicole Valleau were the "Most Original". "Cutest" were "Pirate" - Linnsey Rewuski and "Princess" - Charissa Brown. "Ugliest" were "Punk Rocker" - Melanie Trach and "Vampire" - Patricia Protsch.

Bobbing for apples, other games and lunch completed the evening.

COMING EVENTS

On Saturday, Nov. 16, the Knights of Columbus Benefit Dance to assist local people when they have to travel to Edmonton for medical treatment. Music donated by Dennis Rewuski.

Wednesday, Nov. 20, the Seed Cleaning Plant Annual Meeting at 8 p.m. in the Hall. Guest speaker and lunch, and a door prize of free cleaning of 100 bu. of grain.

Thursday, Nov. 21, at 7:30 p.m. Fish and Game Meeting in Clandonald Hall. Guest speaker Blair Rippen, Regional Biologist. Coffee and donuts served, door prizes drawn and everyone welcome.

Monday, Dec. 2, at 8 p.m. the Agricultural Society meeting, important topic for discussion will be the figure skating program for this year.

Saturday, Dec. 2, the Agricultural Society Film Night.

There are organizations and activities to interest everyone. Don't forget the regular church services and mid-week groups, too.

HOW MUCH SODIUM IS IN YOUR WATER?

Health & Welfare Canada says: "The appropriate health authorities should be notified when the sodium concentration exceeds 20 mg/litre." (Guidelines for Canadian Drinking Water Quality 1978 — pg. 46.)

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Course focus on social issues

A course to help students make informed lifestyle choices will be introduced at Lakeland College this month.

"Human Studies" is a 12 week compulsory course for all first year Business Administration students at Vermilion Campus. It is jointly delivered by the Academic Support and Counselling departments, and consists of a two hour seminar each week. Students will also meet weekly in small groups to discuss and react to the topic.

Guest speakers will present topics on a variety of social issues, and sessions of general interest will be repeated in the evening for public audiences.

Dr. Des Berghofer, assistant deputy minister of Advanced Education, Program Services, opens the series on Tuesday, November 26. In a session which provides a focus for the remainder of the course, he'll be discussing technological change and how it has contributed to problems such as marriage breakdown and drug abuse. His evening presentation, open to the

community, is at 7:00 p.m. in the Animal Science Lecture Theatre.

Other topics have been selected to create awareness of lifestyle decisions and problems including physical health, stress, unemployment, and family crises. A second focus of the course is on legal issues, and the impact of government and law on everyday life.

Beyond awareness, the course will include strategies for coping. Methods of resolving conflict and reducing stress, along with agencies which provide assistance in such areas as alcohol abuse, marital and family counselling, will be discussed.

"Generally, we hope the course will tackle issues that deal with decision making and choices, now as well as all through life," says English instructor Dave Poulsen, a member of the course planning committee.

The need for such broadbased general studies is a concern of educators across the continent. Employers, says Poulsen, have repeatedly stated that "the best

people are those who have some interdisciplinary background," but increasing technology and specialization have resulted in less emphasis on developing these general skills.

Part of the Lakeland College mission is to develop courses designed to enhance general human and cultural competencies, and to enable students to better function in society. By

targeting first year students, Poulsen says, a positive attitude can be developed at an early stage, and there will also be opportunity in the following year to observe the course's impact.

A pilot project, the course will be evaluated before it forms part of the curriculum in all programs.

"Most students are oriented to learning career-specific skills,

aiming to make themselves employable," says counsellor Cheryl Nawrot. "It's difficult to attract many of them to general studies course. We're choosing to offer a non-traditional format, one that doesn't increase the study load significantly."

Students will be graded on a pass/fail basis, with participation and reaction as primary evaluation factors.



YOUTH CONFERENCE DELEGATES — Seven young people from the Elk Point area are travelling to Edmonton this week for "Young and Alive — A Conference Celebrating Alberta Youth." (L-R) Larry Ference, Jim Kiss, Colette Lafrance, Garrett

Gregoraschuk, Rhonda Pacholek, Valerie Ockerman and Roxanne Gascon will be accompanied by adult supervisors Alvina Schuhmacher, Sharon Lafrance and Marie Buck to the 3-day conference.

Recreation Corner

By Linda Simpson
Recreation Director

What a month I'm having! I've been so busy and so unmotivated that my personal fitness program has been reduced to wrestling with my conscience. I've decided that some fitness companions might remedy this situation. On behalf of my drooping waist-line and deteriorating cardio-vascular system, I invite you to join me for some winter jogging. We can meet on weekdays shortly after 5:00 p.m. at the Community Services Center. Phone in advance and let me know if you are interested in becoming fitter (724-4074) in the cold and snowy north.

SWIMMING LESSONS — I need one more young swimmer and a parent driver to arrange for car-pooling to "beginners (orange or yellow)" lessons at the St. Paul pool. Please phone Clarace at 724-3197.

DASH N' SPLASH — The new bus schedule is: Heinsburg School at 11:30 a.m.; Lindbergh Post Office at 11:55 a.m.; Elk Point Community Services Centre at 12:15 p.m..

Return schedule: Elk Point at 4:30 p.m.; Lindbergh at 4:45 p.m. and Heinsburg at 5:00 p.m.. Newcomers can join Dash n' Splash for \$12.00 which includes the cost of three remaining trips and pool admission.

LEVEL I TECHNICAL VOLLEYBALL CLINIC — This clinic will be held on November 30th and December 1st at F.G. Miller School in Elk Point. There will be a \$40.00 registration fee which includes a manual. Register before November 25th by phoning 724-4074.

LEVEL I TECHNICAL GYMNASTICS CLINIC — On December 6th to the 8th at the Elementary School in Elk Point, there will be this Coaches' Clinic. The registration fee will be approximately \$40.00. Phone 724-4074 to register.

CURLING — There will be a "Green Fun Spiel" on Saturday, November 16th at the Elk Point Curling rink. Participants names will be drawn from a hat and teams established on this basis. Curling starts at 7:00 p.m.. Everyone is welcome. So come out, meet some new people, and try to win one of the prizes.

Registration fee is \$5.00. Register at the rink prior to curling.

LADIES LEAGUE CURLING — Phone Debbie Orr at 724-4322 to get involved with afternoon and/or evening curling. There is a \$50.00 league fee payable prior to curling. A babysitter is available for the afternoon league so, if you're a mom, your little one will be taken care of.

LADIES BONSPIEL — Phone Debbie at 724-4322 or Alice at 724-2084 to register for this November 29 to December 1st Ladies Bonspiel. The fee is \$80.00 per fink.

I hope everyone is finding this column to be informative. Thanks for reading it and getting involved.

Elks jackpot bingo

Nov. 7 - 53 Nos.

Mike Zazaluk - \$50; Mrs. Carlton - \$15; Sonia Cross - \$15; Helen Cross - \$15; Anastien Waskahat - \$15; Sophie Faithful - \$30; James Fryingpan - \$30; Margret Gadwa - \$30; Bev Bepalko - \$30; Bev Bepalko - \$30; Gail Wirsta - \$30; Pete Waskahat - \$30; Olga Denega - \$30; Lena Waskahat - \$6; Mike Watchmaker - \$6; Margret Gladue - \$6; Cecile Moyah - \$6; John Cardinal - \$6; Steve Denega - \$8; Ernestine Waskahat - \$8; Hazel Mettleton - \$8; Judy Reid - \$8; Mary Kinjerski - \$15; Ernestine Waskahat - \$15; Mrs. Sheploway - \$15; Pete Waskahat - \$15; Mrs. Sheploway - \$15; Pete Waskahat - \$15; Mavis Zaraska - \$100; Pete Waskahat - \$83; Steve Denega - \$20; Cecile Moyah - \$20; Paula Wiasta - \$20; Paula Wiasta - \$60; Olga Denega - \$60; Mary Louis Cross - \$90; Gordon Hawruk - \$30.

ELK POINT PACERS BASKETBALL TEAM

Competitive basketball, anyone interested in playing please attend!!

PRACTICES

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For further information

Phone 724-4317 Ray or 724-4268 Jim



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Several other listings available, including mobile homes, lots and commercial properties.

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Paul Stepa

724-3926

Larry Demchuk

Competitors break ground at Olds

Next May and June, world-class competitors from all over the globe will gather to break ground during Canada Agfest '86 at Olds College, a 1,200 acre campus in Olds, Alberta.

From May 29 to June 3, 1986, the College, which is located on a belt of rich farmland in central Alberta, will host the 1986 Canadian and World Plowing Matches in a 6-day agricultural extravaganza that is expected to draw thousands of visitors each day.

National plowing champions of 26 countries will come to participate in the 33rd World Plowing Match, pitting their skill against each other on fields of stubble and grassland before world-class judges.

In addition, champions from the Canadian provinces will vie for the honor of representing Canada in the 1987 World Plowing Match in Austria.

The Canadian championships will be held May 30 and 31, with the World Match following after the weekend on June 2 and 3.

Olds College has set aside more than 360 acres of its prime

agricultural land for the matches. In addition to the competition, an agricultural trade show with displays, demonstrations, and booths will sprawl over a large portion of the site. This major trade show and exhibition will run in conjunction with the competitions. Approximately 300 exhibitors will set up tents and outdoor displays, which will feature farm equipment, products, and services from all over the world.

One of the highlights of the show will be a ceremony dedicating a monument to world peace. Each year every country participating in the world competition provides a native stone to be incorporated in the Cairn of Peace, which is designed by artists of the host country.

With a commitment to bringing urban and rural peoples together to foster a better understanding of agriculture's role in everyday life, organizers of the match are busy planning events that will appeal to different people of all ages.

Backed by an army of volunteers from the town, the college and the surrounding area,

General Manager Bob McFadyen and General Chairman Don Odell say arrangements for food, lodging, parking and entertainment for visitors are progressing on target.

Located 90 km north of Calgary and 250 km south of Edmonton, Olds supports a population of 5,000 and viable commercial district of over 200 businesses and industries.

With the beautiful Rocky Mountains rising on the western horizon, the town and its surrounding area provide numerous recreational facilities, trailer and camping areas, motels, fine restaurants, and business — all the amenities for a comfortable and enjoyable stay.

For more information, contact the 1986 World Plowing Match at Olds College in Olds, Alberta T0M 1P0 (403) 556-PLOW (7569) or 556-8208.

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Local resident need to increase tourism awareness

Increasing local resident awareness of tourism is just one of many actions needed to improve the tourism industry in the Lakeland Tourist Zone. More campgrounds, new meeting and convention facilities and lakefront improvements are other suggestions. Several opportunities for action to improve and develop the tourism industry will be presented for your review at Public Open Houses to be held in five communities. The Open Houses will provide valuable input to a study being done by Roman Consulting Services Limited for Travel Alberta. The purpose of this study is to prepare an inventory of tourism resources and identify opportunities for improvement and development of the tourism industry in the Lakeland Tourist Zone.

Plan to attend the Open House in your area!

OPEN HOUSE SCHEDULE
Lac La Biche — Monday,

November 25, 1985 — Town Council Chambers.

Fort McMurray — Wednesday, November 27, 1985 — Provincial Building Meeting Room.

Bonnyville — Thursday, November 28, 1985 — Provincial Building Meeting Room.

Vegreville — Wednesday, December 4, 1985 — Alberta Environmental Centre.

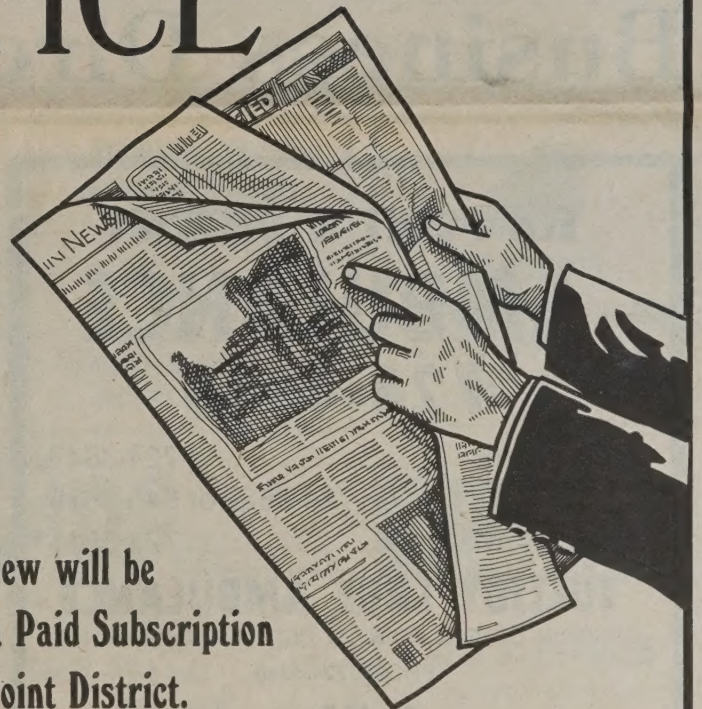
Lloydminster — Thursday, December 5, 1985 — Provincial Building Meeting Room.

Drop in any time from 4:30 p.m. to 9:30 p.m. each day.

In addition to the drop in discussion with the consultant, a presentation will be made at 7:30 p.m. followed by a question and answer period and discussion. For those not able to attend, a summary of opportunities for review can be obtained by writing to: Roman Consulting Services Limited, Attn. Ed Romanowski, 940, One Thornton Court, Edmonton, Alberta T5J 2E7 or call 426-1644 in Edmonton.

SPECIAL NOTICE

To Elk Point and area Residents



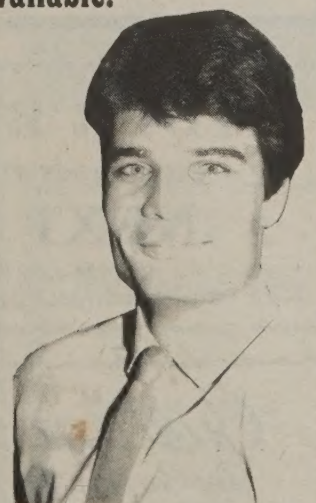
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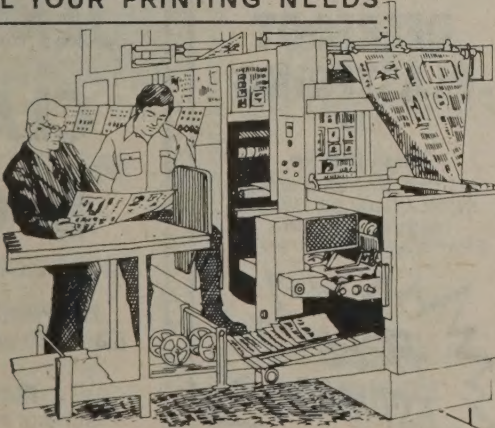


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Heinsburg school observes National Book Month

By Irene Magnusson

Don Lumna lives in Medicine Hat. He is a retired Canadian Forces Engineer, some of whose service was spent at the Forces Base at Cold Lake. He has also lived in a country setting near Sedgewick, doing farm work. Born in Medicine Hat, Don Lumna still spent much of his childhood in the small settlements of Cluney and Walsh. His father was absent from his life for six of his formative years, serving in the Armed Forces throughout World War II.

So what was he doing in the hamlet of Heinsburg, on a foggy frosty day of November? "I am happy to be in Heinsburg," he said, "Four days ago I didn't know there was a Heinsburg. But I love small towns, have lived in them.", and he did seem to be enjoying himself as he regaled the classes with stories of his early years.

Don Lumna is a writer. More, he is a Canadian writer, a rarer breed. His book, "A Visit From Mr. Lucifer" is his first. Published by Western Producer Prairie Books, in Saskatoon, about a year ago, this collection of short stories has got off to a very good start.

Lumna has been published many times in the Western Producer's magazine section, Western People. While his works are fiction, they are based on events and remembrances of his

own childhood, giving a highly authentic ring to the episodes and antics of the young folks who inhabit his stories.

Delivering two lectures, at 9:15 a.m. and 10:30 a.m., to two groups of students, grades 5 and 6, and grades 7 and 8, in the cheery Library of the Heinsburg School, Mr. Lumna followed the steps he had taken which lead him to become a writer.

As a child, he was lead, 'kicking and screaming', into school and a life of reading. Reading of any sort, but especially of those stories he could relate to, has been a long-lasting love in his life. Starting early with the famous "Dick and Jane" readers, he delved into the "Land of Oz" series, with "Andy Pandey goes to War" making a big impression on his early years. Lumna's advice to anyone wanting to be a writer was to "first be a reader."

Don Lumna's career in life sort of 'took over' leading him to become an Engineer, after schooling, for many years, until at last his true love, writing, took over. He has been writing full time for about nine years, mostly deep and philosophical novels which did not sell. His humorous efforts were much more successful, and he now gives his time entirely to this.

A second book for young adults is on the road, seeking a publisher, entitled "Barney's

Ghosts". He is also a playwright, one of which, "A Small Formality" will be produced in the coming year.

Lumna's second advice to the young folks attending his lecture would be, he said, to "find something you really like to do in life and do that." He regrets the many years spent in other activity when he now knows his real love is the writing life.

Sherry Young, the capable librarian of the Heinsburg School, had made arrangements to host this author in commemoration of Book Month, with the assistance of Alberta Culture, Film and Literary Arts and Library Services Branches; the Children's Book Centre; Alberta Foundation for Literary Art; Alberta Education, and the Heinsburg Community Library (which is also the School Library). These groups bring important authors to the school, where students may speak with them, ask questions — and be inspired perhaps to follow their successful careers.

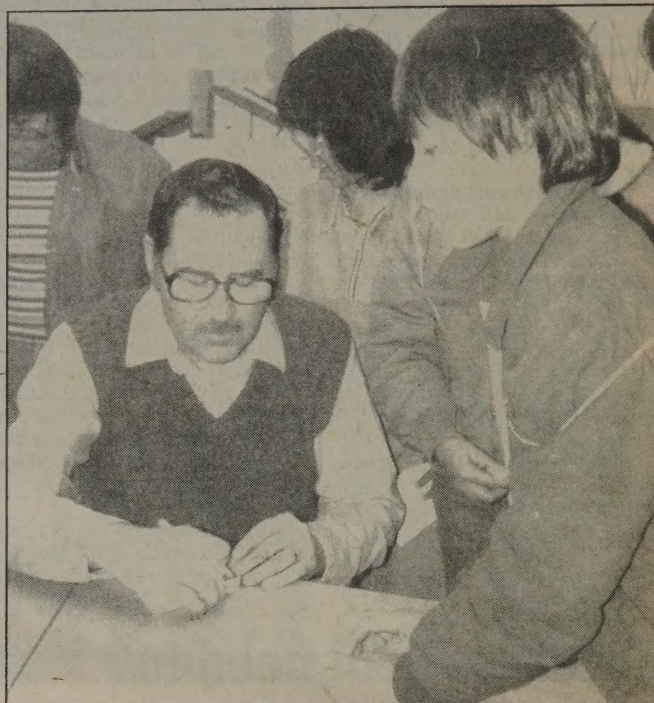
Following the author's presentations to the two classes (which were also attended by some adults) Mrs. Young thanked Mr. Lumna, and asked him to sign the giant Welcome card above the desk.

Lumna also gave autographs to a good number of students, (and I got one for myself inside a copy of his book). He cheerfully

answered questions for a time before continuing on his tour of presentations in other places.

"A Visit from Mr. Lucifer" will be available in the Heinsburg School Library, and from

Western Producer Prairie Books, P.O. Box 2500, Saskatoon, Sask., S7K 2C4, at \$11.95, plus postage, in soft cover. An excellent book for young persons, it promises to be a good read for anyone.



AUTOGRAPH SESSION — Alberta writer Don Lumna, author of "A Visit From Lucifer", signs autographs at Heinsburg School's Book Month commemoration.

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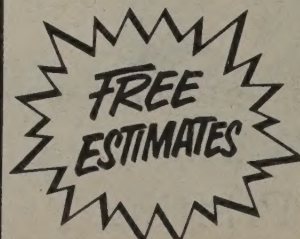
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Elk Point Red Cross annual meeting

By Irene Magnusson

The Elk Point Branch of Red Cross' annual meeting saw little change in executive, as the full slate — with one exception — was returned to office for another year.

The one change, following the November 4th/'85 meeting, saw the retirement of Estella Young as Sewing Convener, which job she has carried so faithfully for many years, and appointment of Violet McFadyen to take this over, following her acceptance.

The officials are: V. McFadyen, president; Nicki Riemer, vice-president; Margret Modin, secretary; and V. McFadyen, sewing convener. It is hoped Mrs. Young will continue to be in

charge of the Phoning Committee.

The couple of hours preceeding the meeting, called for 3:45 p.m., was put to good use, as around ten ladies showed up, armed with scissors, and a few with needles, then proceeded to put up a quilt and tie it (those who could crowd around the frame), while the remainder cut blocks for a future quilt.

A good sized load went off to Head Office in Edmonton last month, both articles for sale and for disaster victim's use. Articles made from this date forth will be considered with the 1986 output.

Plans were made for the coming Regional Meeting (Zone) to be held November 13th, in the F.G. Miller Highschool Home Ec

room, starting at 7:30 p.m. As usual, the ladies divided up the chores that go with hosting a Regional meeting, and lists were made.

Thirteen members were present, and annual dues were collected for 16 persons. The Remembrance Day ceremonies were discussed, and it was agreed that Mrs. Modin will lay the wreath at the Cenotaph.

A volunteer to be a delegate to the Annual Convention in March, 1986, was requested, with Lena Stepa responding. This Convention will be in the new Red Cross building in Edmonton. Meeting was adjourned at 4:45 p.m. by the chair. The next meeting will be in January; members will be notified.



THE 'WORKINGS' OF A RED CROSS DISASTER RELIEF QUILT — From the scissors and cut blocks, to the boxes of pieces, to the patched blocks, and the yarn to tie it with in the bag, on top of the polyester fibre filling. Above is the certificate of appreciation for volunteerism.

I. Magnusson

1986-85 Canada savings bond issue to be withdrawn from sale

Ottawa — The Honourable Michael Wilson, Minister of Finance, recently announced that the 1985-86 series of Canada Savings Bonds will be withdrawn from sale at the close of business on Friday, November 8, 1985. All applications received up to that time will be accepted, but in all cases payment arrangements

must be dated no later than November 8. For the Payroll Savings Plan, bulk applications will continue to be accepted until November 19, 1985.

Mr. Wilson said that cash sales are being terminated on this date since public demand for the new issue is sufficient to meet the Government's financing re-

quirements from the current campaign. Sales results will be announced towards the end of November.

This announcement conforms with the provisions of this issue which stated that sales of the 1985-86 series of Canada Savings Bonds may be terminated at any time, at the discretion of the Minister of Finance.

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ARTICLES

COMING TO B.C. AND EXPO '86? — Enjoy hundreds of coupon offers and save thousands of dollars in skiing, dining, entertainment, recreation and accommodation while you travel. Fantastic value for only \$40. Satisfaction or money back guaranteed Adventures Publications, 837 Hamilton Street, Vancouver, B.C. V6B 2R7. 604-681-6652. Distributor inquiries welcome. Nov13

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FOR SALE — Microwave oven in excellent condition. Priced reasonable. Phone 741-2215. Nov13

FOR SALE — 500 Gal. propane tank with regulators and blocks. Asking \$600.00. Also, old General Electric kitchen range. Phone 724-2456 or 724-2222. Nov6

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10th ANNIVERSARY PIANO SALE!! — Large selection of quality, guaranteed reconditioned pianos and organs. No down payment, no payments and no interest until February, 1986 O.A.C. Delivery available! Foothills Piano Shop, 250-2460, 252-9666 Calgary. Nov20

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FOR SALE — 1985 Z28 Car, with 305 engine, tuned port injection. Fully loaded, very low mileage. Phone (day) 724-3774, (evenings) 724-3784. Nov13

BUILDINGS

BUILDINGS FOR SALE — 1985 year-end factory clearance on all quonset buildings. If you are ready to buy, we are ready to deal. Savings from \$700 to \$7,000 depending on sizes. For fast action and big savings call Miracle Span toll free 1-800-387-4910. Nov27

BUSINESS OPPORTUNITIES

TIMBER QUOTA — For sale in Slave Lake area. Annual allowable cut 5,000,000 brd. feet. Asking \$200,000.00. Phone 723-6570 or 693-3776, evenings. Nov13

SMALL TOWN HOTEL FOR SALE — More than \$400,000.00 in volume. Will consider partial trade. Partner problem. Will sell below volume. Box 184, Swift Current, Sask. S9H 3V6. Nov13

BE YOUR OWN BOSS — Opportunity in Fabrics, Bakery, and One hour photo developing. Three operating businesses in Drayton Valley. The center of the Pembina oilfield and most recently, a plywood plant. Phone 403-542-3233 or 542-2268. Write Mary, Box 872, Drayton Valley, T0E 0M0. NO AGENTS PLEASE. Nov13

BUSINESS OPPORTUNITY

LOVE AT FIRST BITE! — Love the products, love the high profit. High quality Dry-Fry T.M. oven tumbles french fries, many other foods through hot air. Never buy oil again. Greatly reduces calorie count. High volume handles peak periods easily, increases profit. No extra fire insurance, C.S.A./U.L. approved, little venting, low install cost, fantastic profits for your arena, rink, restaurant, club, bar, catering business. Portable. World class equipment. Buyers call toll free 1-800-667-7464 anytime for free brochure and nearest dealer. R.I.S. Food Systems Inc. Exclusive Canadian distributor, Box 878, Swift Current, Sask. S9H 3W8. Beware of imitators. Nov27

SUCCESSFUL VIDEO MOVIE RENTAL BUSINESS FOR SALE — No down payment required. Call for details. Phil 270-4262. Nov20

MAYTAG HOMESTYLE LAUNDRY SELF-SERVE STORES — Exciting new proven concept for making money. Spectacular growth potential. Your own recession proof business. Call Western Maytag 452-9470. Nov13

"SEASONS" — Canada's first name in Colour Analysis and Glamour. Earn \$100-\$300/Day! (Chatelaine) Academy Certification, 212 Products, Cosmetics, Skin Care, Silks, Replica Perfumes. 1-800-387-7875. Nov13

MOBILE CONTINUOUS EAVESTROUGHING — and continuous aluminum siding business. Self contained truck and trailer, excellent return, low overhead, serious inquiries only. 1-403-723-6782. Nov13

COMMUNITY OF RADVILLE — is in need of a bakery. For free information and profile write R.E.D.C., Box 823, Radville, Sask., S0C 2G0. Nov13

DEALER REQUIRED — New product will reduce heating costs up to 40%. Carries a performance guarantee and 5 year warranty. For further information call 1-347-1993. Nov13

MAKE A PILE OF MONEY! — Dealers/Agents wanted to market a new automotive product. Unlimited profit potential. Minimum investment \$500. Exclusive territories available. Phone: Novelty Auto Products 461-5744. Nov13

BEAUTIFUL KOOTENAYS — Slocan Valley. Country store, gas pumps, Buckfield's Feed, separate take-out restaurant, separate 3-bedroom house. Other buildings. \$148,000 plus stock. 1-604-226-7332. Nov13

VIDEO TWO — Distributors of quality used video cassettes. Buy, sell, lease. Satisfaction guaranteed. Thinking of opening a new store or increasing your present inventory call now and save thousands. Vancouver (604) 294-6258. Calgary (403) 252-4556. Nov13

MANURE SPREADING — business, well established, 2 tandem trucks, crawler loader c/w trailer, pickup and fuel tank. Ready for business. Immaculately maintained equipment. The Permanent (403) 786-4111, Debbie 786-2871 (Res.). Nov13

DOUG MARSHALL MOTOR CITY — 11044 - 100 Street, Grande Prairie, Alberta T8V 2N1. Required immediately a Licensed auto Mechanic - G.M. experienced preferred. Contact G. Hunt 1-403-532-9333. Nov20

ADVERTISING SALES REPRESENTATIVE REQUIRED — for weekly newspapers. Apply with resume to: Lori Florkechik, c/o Stony Plain Reporter, P.O. Box 780, Stony Plain, AB. T0E 2G0. Nov13

FULL TIME DENTAL ASSISTANT REQUIRED — Intra-Oral preferred. Please reply in writing to Box 793, Rocky Mountain House, Alta. or ph. 845-7547. Nov13

NEED EXTRA MONEY? — Become a Watkins Dealer. For information write: Watkins Household Products, South Cooking Lake, Alta. T0B 0Y0 or call Stan or Lohrna 922-4805. Nov13

CANADIAN TIRE — has openings for Journeyman Service Technicians. Good working environment, with excellent benefits package. Send resume to Box 8180, Fort McMurray, AB. T9H 4J1. Attention Eileen. Nov13

CARS FOR SALE

FOR SALE — 1975 Ford Maverick, good condition. Ph. 724-2022. xx

EMPLOYMENT OPPORTUNITIES

EARN EXTRA MONEY BEFORE CHRISTMAS — Looking for person or persons to sand and varnish baseboards, 20 miles out of Elk Point. Phone 853-2171. Nov13

EMPLOYMENT OPPORTUNITY

CASE IH HEAVY DUTY MECHANIC — Case Power and Equipment Red Deer. Full line agricultural and construction equipment distributor, requires immediately a heavy duty mechanic preferably with Journeyman's papers or with 3rd - 4th level Apprenticeship standing. Case, IHC or Case construction equipment experience would certainly be an asset. The position offers excellent starting wage, commensurate with your level of experience. Contact Daryl Gilbert, ph. 343-6101. Case Power and Equipment, Box 516, Red Deer, Alta. Nov13

SALES DISTRIBUTORS WANTED — Pauline Johnson candycraft, Western Canada's leader in candy moulding. Operate your own business in your own home or home party plan. You demonstrate a new way to make candy. We provide training and supplies. Minimum investment for as little as \$200.00 for materials with immediate cash return. Call Catherine 434-6501 (North) or Dianne 787-2125 (South). xx

FREE CAREER GUIDE — Describes 200 learn-at-home correspondence Diploma Courses: Accounting, Art, Bookkeeping, Business Management, Clerk Typist, Secretary, Journalism, Television Servicing, Travel. Granton (2A) 10123 - 99th Street, #1840 Edmonton. 1-403-421-4433. Nov20

EQUIPMENT

FOR SALE — 1977 St Stieger 325, 5600 hrs. Equipped for oilfield snow plowing. Loggers tires - 30.5 x 32, 12 ply, 12 ft. dozer and 12 ft. wing. Phone 875-8529. Nov27

FEED

FOR SALE — Mixed hay, round bales. Phone 724-2332 or 724-3822. xx

ATTENTION BEEF AND DAIRY PRODUCERS — Alfalfa pellets make your feed go further. WANHAM DEHYE LTD. has pellets and bales for sale. Phone (403) 694-3887. Nov13

DK FEED AND LIVESTOCK — Buy or sell feed grains: hay-straw-green feed-cattle. Ph. 934-5133. Nov13

HAY AND STRAW FOR SALE — Round bales. Delivered. Phone 967-5368, 967-3010. Nov13

GREENFEED FOR SALE — Big round bales, \$40.00 in the field. Ph. 645-2573. xx

HOUSE FOR SALE

FOR SALE BY OWNER — 2 bedroom bungalow. Well kept. Treed lot. Small garage. Phone 724-3876. Nov13

FOR SALE — Older 1 storey, 2 bedroom house to be moved by the end of November, new shingles, phone 847-2384. Nov13

LIVESTOCK

FOR SALE — 16' x 6' Stock Trailer, \$3675.00 (Farm Price) 2 horse trailers, \$3875.00. Mini Stocks, \$3075.00. Free delivery in Alberta. Three trailers per load. Also Powder River Livestock Equipment. Phone 403-672-6807 Lomar Farms. Nov13

LIMOUSIN BULLS FOR SALE — PB and high percentage yearlings. Phone Don Brooker at 645-2573 evenings. xx

MACHINERY

SAVE 50% OR MORE! — On used parts, engines, components and attachments for all Caterpillar Equipment. Also rebuilt parts, components and engines at considerable savings. R. Angus Alberta Ltd., Used Parts Division, Box 2405, Edmonton, Alta. Ph. 403-483-3662 or contact your nearest R. Angus Operation. Nov27

SAVE UP TO \$11,000.00 — On a new JCB tractor backhoe. MARAN EQUIPMENT has been appointed the new JCB dealer for Alberta and is anxious in discussing the new JCB tractor backhoe with you. Call us for a demonstration. We provide Sales, Service, Parts and Rentals. Call Maran Equipment Ltd. 11204 - 154 Street, Edmonton, 452-9791, evenings 963-6008. Nov27

FOR SALE — One 1979 Ajax round bale wagon. Hauls 10 bales per load. Like new condition. Phone 943-2225. Reed Nichols. Nov13

MISCELLANEOUS

EARN A SECOND INCOME — Learn income tax preparation. For free brochure, no obligation, write U & R Tax schools, 1345 Pembina Hwy., Winnipeg, MB. Money back guarantee! Nov13

HUTTERITE COOKBOOK — Available now! Traditional. Authentic recipes. Soups, main dishes, baking, pickling, ice creams, soups, beer, wine, and much more. \$5.75 Postpaid. Order four, receive one FREE! Hofer Publishing, Box 2560-A7 Melville, Sask. S0A 2P0. Nov13

MISCELLANEOUS

FOR SALE — 2 Hopper bottom feed bins, c/w augers for emptying. Also 14 raised farrowing crates, c/w flooring. Phone 724-2153. Nov13

AUDIO/VIDEO CASSETTE PROGRAMS — How-to / instructional / motivational - for catalogue. Tel. (413) 469-3387 or write Box 8606, Stn "L", Edmonton, Alta., T6C 4J4. Nov13

SUN-SYSTEMS — The free energy source, is available for heating farm shops, houses, swimming pools, grain drying, confinement barns, etc. Thornhill Ranching Products, Mossleigh, Alta. 403-534-3740. Nov13

GOOD USED RAILWAY TIES — Some locations: Sylvan Lake 887-3133, days; Red Deer 347-6335, days; Heinsburg 943-3797, days. For big timbers, other locations, 204/725-2627, office hours. Nov13

MOBILE HOME

FOR SALE — 1969 Safeway mobile home, 12 x 52 with 12 x 32 addition or possibly rent and located one mile north, 1 1/2 miles east of Elk Point. Hooked up to all services. Available immediately. Phone 724-2151 or 724-2259. xx

FOR SALE OR RENT — Fleetwood house trailer, in St. Paul. 14 x 72, large deck, 2 1/2 years old. Phone 645-3532 after 6:00 p.m. Nov20

TAKE OVER PAYMENTS — Repossessed mobile homes, many to choose from. Financing available. Noble Acceptance. 486-2616. Nov13

PETS

BIRD LOVERS — Buy quality Alberta sunflower seeds. Get together with your neighbors for quantity discounts. Lloyd Industries (Edmonton) 452-8640, Alberta Sunflower Seeds Ltd. (Bow Island) 545-2560. Nov13

REAL ESTATE

FARM LAND FOR SALE — Approx. 115 acres near Duchess; approx. 1,299 acres near Rainier. Highest or any offer not necessarily accepted. Phone N. Martinez, 362-5586. Nov20

1760 ACRES RANCH — Will handle 100 cow-calf operation easily, St. Paul. 350 Acres Myrnam Buildings. 80 Acres on Pavement - Power. Cedar Cottage Mann Lake. Joe Corbiere 635-3070. Manning Harris Realty M.L.S. Nov13

REAL ESTATE

SOUTHWESTERN ALBERTA — Mixed Stock Farms. Outstanding hay, grain, pasture. Good buildings, some with irrigation, large leases, 40 to 6000 acres. FOOTHILLS ACREAGE RETREAT - 5 bedroom newer home, pasture, gardens, excellent spring. Many extras. Only \$85,000. Jack Folsom, Chief Mountain Realty, 1-626-3232, 1-627-4004. Nov13

SPACE FOR LEASE — 2,200 sq. ft. of prime retail space in modern shopping centre, in Rimbey, Alta. For more information contact Ed Archer at 843-2258. Nov13

BROOKS AREA — 70-cow dairy farm on 1/4 section of irrigated land. All new buildings in 1981. Excellent herd developed over 20 years. Excl. For more information call Don Green at McNab Realty Ltd., 553-4477. 625-3321 days; or 625-3623 evenings. Nov13

RECREATIONAL VEHICLE

1983 WINNEBAGO BRAVE — 23 ft, 454 dual a.c., cruise, tilt, 25,000 km. c.b. am/fm cassette stereo, bedroom/bath, awning, trailer package, many extras. \$43,000. 285-1582, Calgary. Nov13

SERVICES

SELF DIVORCE AND WILLS — Canadian Para-Legal Concern Ltd., Licenced, bonded, established 1973. Most successful method in Alberta. Free information (403) 261-6888 anytime. Nov13

SPACE FOR RENT

SPACE FOR RENT — In Village of Dewberry, suitable for office, confectionery, etc. Phone 847-3053 between 10 a.m. to 12 noon, 1 to 3 p.m. After hours Ph. 847-3038 or 847-3799. Dec25

TRAVEL

AUSTRALIA TOUR — 17 day tour. Best time to see Halley's Comet. Fully escorted from Edmonton, includes Fiji, extensions available. Mar 14 - Mar 30. Uniglobe Connaissance Travel (403) 424-7272. Nov13

SKI THE BEST IN B.C. — Big White, Kelowna, on hill, swimming pool. Red Mountain, Rossland, deluxe hotel, challenging skiing. Consistently good conditions. Summit Leisure 1-800-663-9041. Nov13

AGT

Telecommunications

GOOD NEWS PARTY LINE

Margaret Rose Chapter O.E.S. will have a pie sale at the Flea Market on Saturday, November 16th, 1985.

The Elk Point United Church Women will be holding their Annual Bazaar, Tea and Bake Sale on November 30 from 2 to 4:30 p.m. Everybody welcome.

Pioneer Circle Bingo — every Wednesday at 2:00 p.m., Floor Curling every Thursday at 2:00 p.m., Whist every Friday evening at 7:30 p.m. Everyone welcome!

Elks Jackpot Bingo every Thursday, Elk Point Elks Hall. Doors open at 7:00 p.m., bingo starts at 8:00 p.m.

Stoncroft Bible Study, Tuesdays 9:30 to 11:00 a.m. in Elk Point and Wednesdays 9:30 to 11:00 a.m. in Lindbergh curling rink. Babysitting has been arranged for both. For more information call 724-2068.

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting Wednesday at 8:30 p.m., Room 604, Elk Point Municipal Hospital.

The Elk Point Municipal Library Winter Hours now in effect. Open Monday 7 p.m. to 9 p.m., Tuesday 2 p.m. to 5 p.m., Wednesday - closed, Thursday 2 to 5 p.m., Friday 10:30 a.m. to 12:30 p.m. and 2 to 5 p.m., Saturday 2 to 5 p.m. Story time Friday 10:30 a.m.

Pioneer Circle monthly meetings are held the second Tuesday of each month. All seniors welcome.

PUT IT HERE

Call or write the editor of this paper to include good news of events and happenings you want to share, courtesy AGT.

Phone Dennis Kyncl, Service Manager at 645-3361; After hours 724-2064.

**F. G. Miller
High School**

Bored of Education

A word from our sponsor - Westmin Resources Ltd.

Westmin Resources Limited has been operating heavy oil wells in the Lindbergh Field for the past six years. During these six years, Westmin has drilled 225 heavy oil wells. The field staff has grown from 2 to 56 employees, necessitating the construction of an office ten miles to the southeast to Elk Point. Westmin has been most fortunate to hire most of our personnel from the local and neighbouring communities. In addition to the wells and field office, Westmin has built a water facility on the banks of the North Saskatchewan River, which provides water for steam generation to the oil industry through a 10 mile pipeline south of the river. This has reduced the amount of truck traffic hauling water and has protected ground water sources from excessive use. Westmin has operated a 3000 barrels per day oil cleaning plant since February, 1984. Thermal experiments involving steam injection began in May, 1982, and have been conducted on a total of 13 wells.

Westmin is enthusiastic about continued development. In the short term, Westmin is proceeding with plans to drill another 72 primary wells by March 31, 1986. In conjunction with the drilling program, facilities are being installed to conduct simultaneous thermal experiments for both cyclic and steamflood processes. The cleaning plant will be expanded by December, 1985. These expansions are designed to raise daily oil production to nearly 6000 barrels of oil per day. All this activity translates into increased economic benefits and new employment opportunities for the community.

Over the long term, Westmin plans to continue development of this oil deposit in an orderly and

prudent manner in consultation with affected landowners, government agencies, and the community at large. Westmin foresees our Company and the community sharing in continued growth and prosperity over the next twenty years.

Yours truly,
Byron Mann, Production
Engineer
Manager, Heavy Oil Operations

Bulletin Board

Volleyball Victory!!

On November second the junior high volleyball teams, travelled to a volleyball tournament in Mallaig. The tournament consisted of five teams: Elk Point, Mallaig, Heinsburg, and two St. Paul teams.

Going into the semifinals, the girls were in first place and boys were in third. When finals ended, Elk Point was on top.

The senior high girls also travelled to a Bonnyville tournament. The girls did very well and won finals!

CONGRATULATIONS!!!

Halloween Dress-up

Halloween came again to the F.G. Miller school and many scary figures emerged from the crowd of ordinary students. The figures ranged from a harmless old man to a terrifying gorilla. Although the students union planned to hand out prizes the group lacked organization and no prizes were awarded. Despite this those who dressed up had a wonderful time and would like to do it again next year.



SENIOR HIGH HONOR STUDENTS.



JUNIOR HIGH HONOR STUDENTS.

Honor roll

As we are all aware, Report Cards came out on November 7th. We would like to congratulate the following people for the hard work and dedication in making the honor role:

Grade 7 — Christina Bjorkman, Elana Drobot, Stacy Dunham, Kim Bugera, Barbara Nabor, and Shauna Seniuk.

Grade 8 — Kevin Bates, Rhonda Behr, Myra Boothman, Katharina Ludlage, James Onusko, Nathan Bosvik, Margaret Bayduza, and Elana Yaremkevich.

Grade 9 — Angel Ference.

Grade 10 — David Anderson, Corrine Behr, Leanne Drobot, Ken Hansen, John Hildebrand, Albert Lim, and Bryce Lorensen.

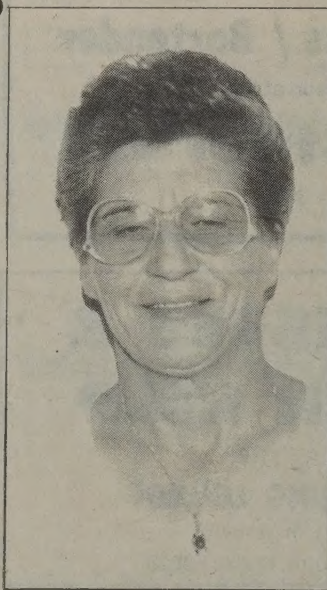
Grade 11 — Tracy Boothman, Cathy Buck, Kathy Mistol and Lorelei Wickham.

Grade 12 — Marguerite Bosvik, Anna Fedorus, Glenna Grykuliak, Malcolm Polamarek and Valerie Ewasiuk.

Keep up the good work!

"Bored of Education" is organized by the Grade 9 Language Option Class, taught by Mrs. Kissel. We would like to thank Westmin, this month's sponsor and to extend a big thank-you to last month's sponsor, John Oryshchuk Trucking.

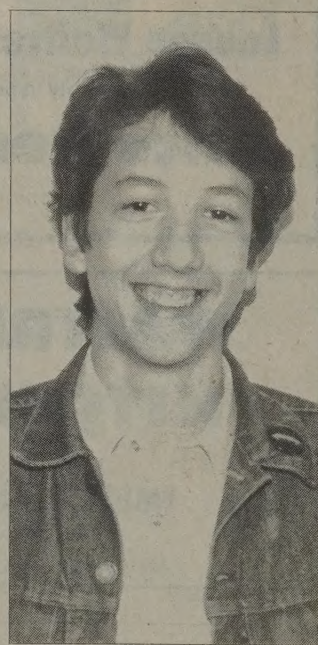
More new faces



Alice Hubert

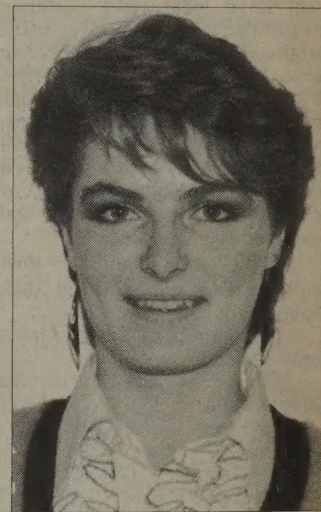
Alice Hubert is one of the newest members on the staff, at the F.G. Miller School. She is an assistant janitor and works very hard to keep our school clean. Alice enjoys working within a school environment because of her fondness of people.

Alice, who has been living in the Elk Point district for four years, is happily married and has two children who are now on their own. The outdoors, football, and hockey are a few activities Alice enjoys in her spare time. This summer Alice took a trip to Alaska for the duration of the month of July. We hope you enjoyed the trip and we hope you enjoy the school year!



Mark Boulter

Mark Boulter, 15, moved to Elk Point this summer from White Lake, B.C. Although its smaller than he's used to, he finds Elk Point generally a friendly place. He now lives with his parents and his sister Christy. When he gets older he plans to be a computer programmer and, or to work in Real Estate. His favorite subjects are computers and art, his favorite teacher is Mrs. Kissel, his favorite music is Heavy Metal and Hard Rock, and his favorite movie is Back to the Future. We hope Elk Point soon feels like home to you.



Christy Boulter

Sixteen year old Christy Boulter is a new face at the F.G. Miller school. She moved here from Salmon Arm, B.C. this summer. Before that she lived in Falkland, B.C., Rosalind, Alta. Castlegar, B.C. and was born in Daysland, Alta. Christy says she enjoys living in Elk Point, in spite of its small size.

Christy enjoys photography, from both ends of the camera, criticizing art, drama, keeping fit, riding horses, having fun, and reading science fiction books. She says her favorite subject is Sociology, but she enjoys all of her teachers.

Someday, Christy plans to be a high-fashion model and/or an actress. As well, she is interested in pursuing a career as a psychologist. Good luck with your future, Christy!

Personality of the month



Joseph Hefferman

Joseph G. Hefferman was born in Toledo, Ontario on March 3rd, 1899. In 1910 he moved to a farm in Kelvington Saskatchewan for 1 year. Then he came west to Abask, Saskatchewan and then went 60 miles south west to a homestead about 30 miles northeast of Empress on the fork of

the Red Deer and Saskatchewan rivers. He lived poorly until 1916, when he enlisted. During the war he went to England and France to fight. After the war he returned to his fathers farm, where he worked until 1936. Then he moved to the Elk Point area where he lives to date.